

POP CORNER

issue 16

september 92

RS - POP IS 10 YEARS OLD!

10 years ago on 12 September 1982, the first Research Society for Process-Oriented Psychology was formed. Though this happened in Zürich, Switzerland, it was an important event for all future process workers and process work societies and this day truly belongs to everyone. We feel that we speak for all process workers, students, followers and lovers everywhere when we say Thank You! to all the courageous, adventurous, hardworking pioneers who had the determination, the stamina and the foresight to start this whole "project" that is so important to all of us now. Thank you for your spirit, your love and your dedication over the years in bringing process work to life and into the world.

The Editors

Liebe Schweizerlanders,

by Amy and Amy, World

We should thank the dreaming spirits for their support of our baby, its birth, its growth and its transformation over the past ten years. Like any parent, I am flabbergasted to suddenly realize that the little one is now already ten years old! Can you believe that?

It is the oldest child, with many siblings around the world. It has an English sister, several in the US, several in Australia, one in Belgium, a couple in Germany, one in Poland, one in Russia, one in Greece, a few in Canada, little ones in Tokyo, Bombay, South Africa, a tiny baby in Nairobi and other little ones in many European countries. What a wonderful family!

A great big happy birthday from Amy and Amy!
Hugs and love to everyone!

POP - EUROPA SUMMIT IN STOOS

Marianne Verny, Switzerland

During the Worldwork-Seminar in Stoos, Switzerland, 14 European countries met three times to better understand the situations of the different regions, to improve communication among ourselves and to work together to develop an efficient network for the exchange of ideas, experiences and projects.

There was a great atmosphere around getting to know each other personally and as our relationships became closer, more and more exciting ideas came out about how we could connect. The participating countries were: Finland, Norway, Sweden, Germany (East&West Berlin, Wiesbaden, Stuttgart, Freiburg), Russia, Poland, CSFR, Holland, Belgium, Ireland, United Kingdom, Switzerland, Italy, and Greece. Each country was represented by the present coordinator or by someone who has a close relationship with him/her. The coordination of all the European countries is currently being done by Marianne Verny. *see page 2*



My Experiences at Worldwork

Melissa Fernandes, India

I was very excited when I received an invitation to attend the Worldwork Seminar in Stoos. Also, a little skeptical about its outcome. It seemed as if POP had taken on the world as its private client for a marathon 2 week session. I decided to make the journey to find out what would take place at such an event in the Swiss mountains. On arriving at Stoos, I was overwhelmed by its pristine beauty.

As I sat at the registration desk, I could sense the quiet anticipation as the 300 participants from 33 different countries rolled in. That night as I watched the full moon on the Alps, I felt a lot of hope for humankind.

The seminar opened with a concern for the state of our planet and our visions for its future. I realized that not everyone shares my visions and hence the ability to do inner work is a crucial prerequisite in world work. So also, is the importance of following one's second attention in a group and believing that one's inner experiences are useful for the group.

It was a change for me to see Army, the identified leader, attempt to stay in the background, leaving space for other potential leaders - of which there was no short supply!

Various themes were discussed *see page 3*

PoP Europa.....

To improve the information flow, we decided to create a European newsletter, which will be coordinated by Zelda Hall in Holland. Through the newsletter, the various groups can keep informed about seminars or gatherings of POP training groups that could support our European students in studying more intensely (especially those who like to travel). If you have a project that you are deeply involved in and you are interested in sharing your ideas or questions, please write a little something for the newsletter. For example, there are people in the UK, Greece and Switzerland who work with comatose patients and they very much enjoyed exchanging their experiences during the Worldwork Seminar and they even did an interview which helped and encouraged both sides immensely.

There was also discussion on three important issues:

1. How to support the different countries in developing a POP study and training group, especially those who identify as new groups.
2. How to support the older groups who tend to get stuck in relationship conflicts among the POP students and lose the thread of training. How to bring conflict resolution training, supervision and private sessions to these countries.
3. How to deal with money: Countries with a large study group need money to run their own POP organization. One important question is how to fairly handle the organisation of workshops for the POP teachers money-wise and be able to raise money for the local group?

The most positive feedback for the first two issues went to the idea of sending Phase II students to the beginning and advanced countries to share their experience in organizing a POP training program. It could also be a great challenge for the Phase II students to stay for 1-2 weeks in another country and work on conflict

resolution skills, do supervision and give private sessions, (instead of sitting at home worrying about how to get clients). If you are a Phase I student interested in tutoring in a foreign country, please contact either Marianne Verny or check the next European newsletter.

The money question, of course, is still open. There is an ongoing group in Zürich working on questions of POP as an international Mother-Organisation on one side (which seems to be still more secondary to many of us) and how our attitude and belief systems towards POP still perceive it as a little, close family (still primary?) where we do most of our work out of love and admiration for our teachers (which is great) and discriminate against the option of a fair financial solution (which is great too). Money as an expression of acknowledgement gets more important as we grow bigger and get less personal and sometimes feel more lonely because of world-wide space and time distances. The coordinators of the European countries were very interested in finding a process-oriented way of dealing with money and in sharing and coordinating the money aspect of the organisation of a POP workshop or seminar.

At the end of these three morning meetings we were quite sad to split up without knowing when we would all meet together again. So we discussed a telephone conference and hoped that now we would have more courage to make a quick call to Russia or Greece or Berlin or...or...or..

Writing this article in a cafe in Zürich, there is this song in my head that says: "See me, hear me, feel me, touch me....." - I forget how it goes on and who sang it, but this beginning sounds right and feels right and I also sing: See you, hear you.....

Marianne

Marianne Verny
Seefeldstr. 195
CH-8008 Zürich
Tel. 41 1 422 81 79
Fax. 41 1 422 81 84

Zelda Hall
Overtoom 400#3
NL-1054JS Amsterdam
Tel. 31 20 683 18 92
Fax. 31-20-6249710

Credits:

This issue of the POP Corner was produced in Zürich, Switzerland on several Macintoshes and an Olivetti. The editors of this issue were: Ornella Cherti, Sandra Kaufmann, Perlie Michaud and Talasi Zubler. All authors are identified along with their current country of residence. The identities of the people in the photographs have been changed to protect their secondary processes.

We would like to thank all the people who took the time and trouble to write an article and we apologize to those whose work was not included since we know how much effort is involved in producing even one article. We pass the editorship on to the Australian POP Community with our best wishes - and some vitamins!

Ornella



Sandra



Perlie

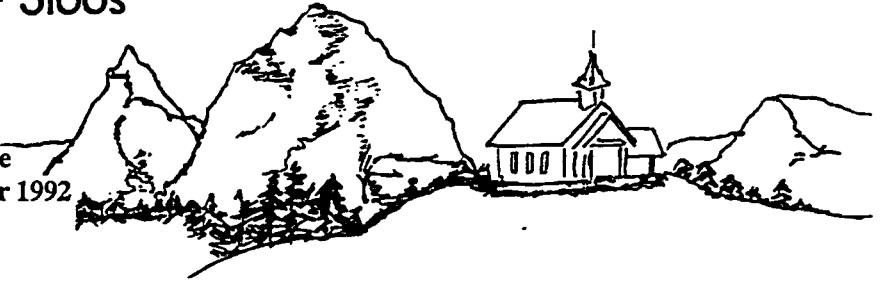


Talasi



Some Notes from the Worldwork Seminar 1992

Ivan Verny, Switzerland



The everpresent cowbells are still ringing in my ears, the sound of African djembes played at the closing party by Tony Majdalani and friends are still moving my body, I keep singing some of the international songs sung in the great atmosphere of the Sennhütte, my agenda is full of notes to remind me of the issues I tend to forget about in my everyday trance, and before the last guests from Czechoslovakia, Finland, Russia and USA leave our house, I'd like to write down a couple of thoughts that came up during and around this Worldwork Seminar.

I am glad that so many people from the less rich countries or social environments were enabled to come to Switzerland. The financial realities of my Eastern European colleagues have been on my mind during the last few weeks: A Russian academic has to work for ten days in order to pay for a train ticket from Zürich to the airport (Sfr 4.50) and a cup of tea in the Hotel Fronalp costs a week's salary. In order to pay for the train ride from Bratislava to Zürich, a professor of clinical psychology from Czechoslovakia must work for two months - fortunately there is a bus every Saturday night that costs *only* a third of his monthly pay. Ten dinners at the seminar cost the same professor a month's salary. A young psychologist from Poland (who's cost of living is at least as high as his paycheck) had to start working overtime half a year before the seminar in order to save enough to make it to Stoos. He will have to work the rest of the year to pay off the debts created by his participation in this two week seminar.

As process work is about awareness, I'd like to call attention to the financial reality of Eastern

Europe as well as other financially less privileged parts of the world and take that in account in planning future seminars. I believe that having the freedom to buy someone a drink (not to mention taking care of one's everyday needs) raises one's self esteem and can empower one to feel comfortable and worthy enough to speak up in a big group. This freedom was a luxury that I had this year and that many of my colleagues do not share. What do you think? In writing this I am pleading for a Worldwork Seminar in 1993 or 1994 to take place in Eastern Europe or some other region that can be reached and afforded by participants who otherwise suffer under unjust exchange rates, racist passport control officers, and the vast financial inequalities that divide us.

Experience.....

but as a coloured person, what was most important for me was the racial issue. I learned the need to be aware of my projections on others; how I too could easily be racist, that racism cannot be wiped out by laws alone, but requires internal changes, especially the questioning of our privileges. I felt hopeful to see white people work on their racism. Yet I'm not sure how effective it was in soothing my pain around the issue.

Another important topic was homophobia. I learned that it is more important to be in a caring, loving relationship than it is to have answers to questions like, "Are you married or do you have a boy/girlfriend?"

Watching the Poles and the Russians work on their conflicts only stressed that each one has their own style and that POP needs to adapt to the culture.

As I finished writing this, I became aware of the pressure in my chest and belly that came out as concern about and rage around the issue of the dignity of people with little or no money. A big burp relieved me right now of some of the pressure, but I know it's not that easy to solve. I acknowledge all the great organizational efforts for scholarships and all the contributions and donations. MONEY IS A BIG AND IMPORTANT ISSUE. There is usually a great deal of gossip and questions around money and budgets after these big seminars (Where does the money go? Who gets how much and for what? Who decides about which issues and how and why?). I guess we could call these "Questions of Power and Clarity". PLEASE LET'S WORK THEM OUT!

When I saw the people who had been sexually and physically abused work through their pain, as well as the number of people who admitted to never having had the chance to experience their childhood, to me, the world seemed full of suffering.

An exercise by one of the participants, He Ru Nefera, only seemed to highlight for me all the sadness, discrimination and inequality in the world as it exists today.

Some political action came out of the seminar in the form of a letter to President Bush, as well as one to the German defense minister on the plight of the people of Kurdistan.

For me the words which sum up my learnings from the seminar are: individual responsibility and group consensus. I hope that this stays with me when I return to my country.

Two Dreams from the Worldwork Seminar

Gaba Dornier, Switzerland

The First Dream

I was looking at my hands and arms. Normally my skin color is white, but now it was as dark as a black person's. I was overwhelmed, deeply moved and thought, "Ah, this is how it is to be black." But while I was watching astounded, my skin color changed again, to that of an American Indian, then to that of an Indian and it kept on changing until I stop differentiating between colors or races.

The Second Dream

The people from the Worldwork Seminar were all gathered in the Reithalle. They were not in the usual circle, instead they were standing in such a way that from above, it looked like a mandala. This People-Mandala began to dance, a prayer dance, and in so doing, built different mandala forms. Suddenly, I felt and I knew that the heart, the soul of this mandala was Army and Amy.



WORLDWORK ON-LINE

Stark Beatty, USA

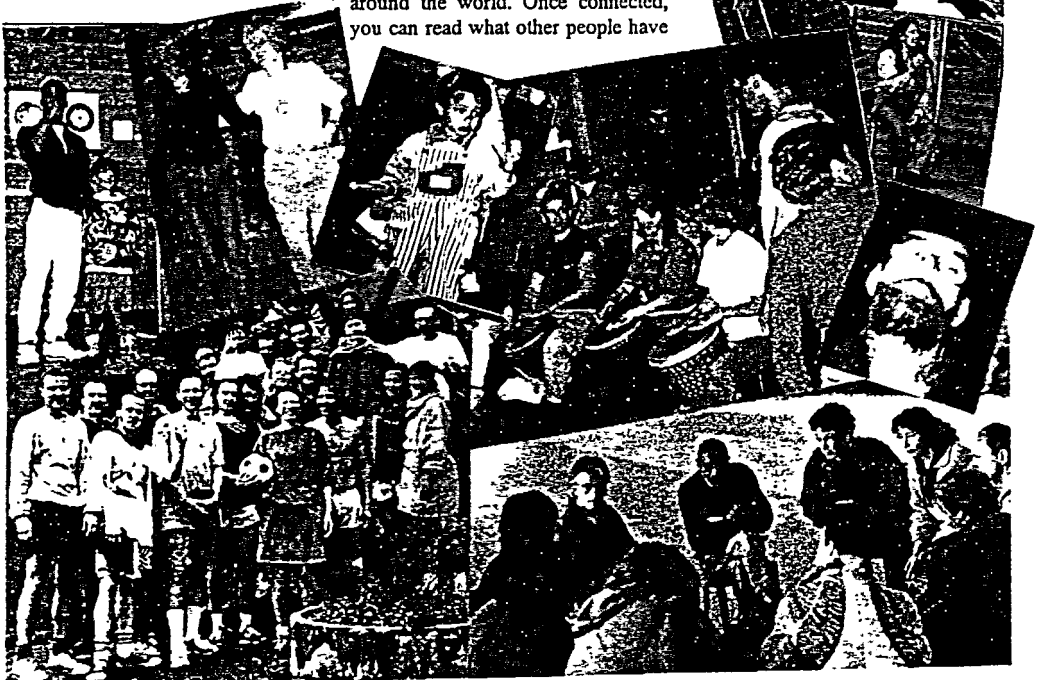
Global Process Network (GPN), the process community's computer conference, provided a direct electronic link to the world during the Worldwork Seminar in Stoons, Switzerland. A special "computer conference" was set up prior to the start of the Stoons seminar and local Swiss access was arranged by Peter Jakob and Hansruedi Würsch.

A computer conference is like a group conversation, carried on in writing and without having to be in the same place at the same time. You join a computer conference by connecting your computer, through the phone lines, to a network that in turn connects you to other computers around the world. Once connected, you can read what other people have

to say on a certain subject. And you can write in your responses, ideas and information for others to read too. The conference subject is usually divided into topics. Summaries, Leadership, Sexism, and Worldwork Cafe were some of the topics in the Worldwork computer conference.

APC (Association for Progressive Communications) is a group of networks worldwide which carry the GPN conferences. The APC networks themselves are a resource because many different groups run electronic conferences on them and most are publicly available. During

see page 5



Letter to President George Bush

22 June 1992, Stoons, Switzerland

Dear President Bush,
We address you, the elected president of the United States of America, and initiator of the peace conference aimed at bringing peace and stability to the Middle East. We acknowledge your continuing efforts to maintain balance in this most complex area.

We know you are aware of the grievous situation of the Kurdish people. We are, however, at issue with what we see to be your stand with regard to the plight of the Kurdish people who continue to be massacred and oppressed.

For the stability which you seek, we believe that it is vital immediately to take more into account the Kurdish dimension. As you know, the Kurds number about 30 million people, 12 million of whom live in Turkey and represent one quarter of the entire population. The Kurds in Turkey are currently the victims of large scale persecution by the Turkish military.

The United States has a great investment in Turkey:

1. The U.S. Government is currently supplying Turkey with one billion dollars a year in direct military aid.
2. There are 15 U. S. military bases in Turkey.
3. Texaco and other U.S. corporations are currently exploring for oil in southeast Turkey.

It is clear, therefore, that with this large base of economic and military support, as well as the substantial corporate investment in Turkey by American companies, the United States shares in the responsibility for the plight of the Kurdish people. America must not support acts of violence to a people.

ON LINE.....

the course of the Stoons seminar, we accessed information on the Kurdish genocide, the Rio conference on the environment, and lesbian and gay rights.

In setting up the Worldwork electronic conference, we hoped to give people attending the seminar an opportunity to try computer conferencing in person. We had a computer set up in a room above the Reithalle, and "computer conference" facilitators were available to assist people in getting started. Many people came by to look, try, introduce themselves "on-line", write conference summaries, write poetry, or just hang in "hyperspace".

Everyone learned a lot. There were problems. Getting the conference onto all of the associated

networks was slow, and finding the conference was difficult on some networks. Nevertheless, as a result of their experiences in Stoons, new people are joining GPN and more GPN conferences are being planned. Max Schüpbach is planning a Chronic Symptoms computer conference to provide follow up to the Lava Rock Clinics. For general information on getting started, contact Joe Goodbread (1020 SW Broadway Dr. Portland, OR 97201 USA, tel: 503 222 3778, fax: 503 222 3782, e-mail: jgoodbread@igc.apc.org). Stark Beatty (4030 Midvale Avenue N, Seattle, WA 98103-7914 USA, tel: 206 547 7378), or Peter Jakob (Georg Kempff Str. 17, 8045 Zürich, e-mail: popjack@gn.apc.org.)

We ask that the human rights of millions of Kurds no longer be ignored. We ask that you intervene to restore the Kurds' sense of pride and responsibility. The longer these people are repressed, the more difficult and dangerous the Kurdish issue will become in the tense and fragile post-Gulf War atmosphere.

It is crucial that you bring the full weight of your vision and authority to bear on the Turkish government, as well as other governments in order to promote the most basic human rights of the Kurds: the right to exist in dignity, to speak their own language, to have full freedom of expression and to form political parties. They must be free to participate in their nation's role for leadership in the creation of a better world. We urge you to make full use of your power and to act now.

We are the members of the International Process Work Community and participants in the second World Work Conference being held this year in Stoons, Switzerland. We are citizens of the thirty-three nations listed below. On the basis of personal and collective experience, we have formed an organization for global learning and action. By researching processes, we are evolving models by which nations, races and diverse groups can develop personal responsibility, encourage mutual respect and further democratic goals.



- Australia
- Belgium
- Brazil
- Canada
- Czechoslovakia
- Denmark
- Eire
- Finland
- France
- Germany
- Greece
- India
- Italy
- Israel
- Iran
- Japan
- Kenya
- Kurdistan
- Namibia
- Netherlands
- New Zealand
- Northern Ireland
- Norway
- Paraguay
- Poland
- Russia
- South Africa
- Spain
- Sweden
- Turkey
- United Kingdom
- United States of America

Process Work Training Group of Vancouver Goes Official

David Roomy, Canada

The Process Work Training Group in Vancouver has been officially recognized and registered as a private training institution under the Private Training Institutions Office of the Ministry of Advanced Education, Province of British Columbia. The training group has been in existence for four years.

Also, three of our students and core members have been received as members into the British Columbia Association of Clinical Counsellors. They are Mary Barnes, Moyra Mulholland, and Suri Vangolen. The three members received part of their supervision requirements through their participation in the Process Work Training Group in Vancouver.

During the coming year, Amy and Army Mindell will be teaching in Vancouver, and Max Schuepbach, Nisha Zenoff and I will be our advisory committee members.

Going over Edges Big and Little

Edna Holt, United Kingdom

After a "journalistic" silence of over a year, during which there have been many changes in the UK, here is the latest update on what has been happening.

Firmly established, with a steadily growing membership and number of students, Process Work in the UK is continuing to develop organisationally and individually.

From a hierarchical structure, necessary for anchoring and building up, we have moved on to a more democratic arrangement with several people responsible for tasks which are their particular interest. For example, publicity and re-writing the programme, education, fund-raising, and organisation of seminars, are now done by a group of people.

The deepening recession here and the shortage of money has meant that we have had to modify our light dream of offering frequent seminars, scholarship places, and "self-leds", and having teachers visiting often, to a simpler programme of four linked training seminars which offer certification for those who attend all four. In addition, a follow-up series of regular self-led groups, organised by ourselves, gives us a chance to meet, share, relate, support, and supervise each other.

This way, we are finding that "lean is more powerful", and we have a deeper, richer way of fulfilling our needs and developing our own resources. We have groups and dyads meeting weekly or monthly in the north of England, Midlands, London and the South-west. Larger group meetings are every six weeks. In Scotland, Glasgow had joined Edinburgh as a process centre.

Taking up the idea from Scotland of running a book-

see page 7

The Coastal Baby Needs a Name

by Ian Dworkin

Please send us your ideas for a name for the Global Process Institute Conference Center on the Oregon Coast. We need your input!!! Send suggestions to:

Global Process Institute
Baby Naming
733 NW Everett, Suite 3C, Box 11
Portland, OR 97209 USA

We are not just a group - We are the Polish POP Society!

Tomasz Teodorczyk, Poland

Things are going well in Poland. From the beginning of this year, we function as the Polish POP Society. We have decided to do this in order to create formal opportunities for doing different kinds of things in the future. Of course, there was a big argument about it - a conflict arose about being an individual or a part of the formal structure. It seems that this problem is especially difficult in our country as we have had bad experiences with being forced to be only part of the collective in the past. We still don't know whether it was a good idea, but it just happened anyway.

For the last year, we have been doing structured two-track POP training in Warsaw, one for the beginners and one for more advanced people. Each track has meetings every week. Besides that, we still have an ongoing training program with Swiss and American teachers who come every three months. We have also started doing POP introductory workshops for psychotherapists and psychiatrists in different towns in Poland. It seems that there is a big interest in POP.

In September this year we will have a second book of Army's published in Polish. After *Working with the Dreaming Body*, we will have the *Dreambody in Relationships* and we hope to have the *Leader as Martial Artist* in Polish next year.

Our Society is getting bigger - and younger. We have a lot of students from the University and other high schools. The young people have brought in a lot of good energy and new ideas to our group. With this new energy, we hope to establish an actual POP Center in Warsaw in the future.

It was a big event for us to be a group of 18 people at the Worldwork Seminar in Switzerland. It was really a powerful experience of many dimensions. Another great thing was that during the Worldwork Seminar, we decided to organize the first East European Intensive in our country. So, come to Poland next fall!

UK.....

stall at every seminar as well as a postal service, including hiring of videos and manuscripts for study, has not only enormously enriched our studies and understanding, but also provides a small income for the organisation.

Eight students took the plunge and did Phase I exams, a terrifying, funny, challenging time when we all moaned and groaned and fell into altered states, but also enjoyed hugely. What satisfaction in backing up our experiential knowledge with deep theoretical study.

This year a record number of people (9) from UK attended the recent Worldwork Seminar. One more thing I should mention is that friends who were in on the birth of Process Work, UK and left for various reasons, still keep in touch and it was delightful to meet up again.

POP in the Czecho-Slovak Federal Republic?

Reini Hauser, USA

After the 1989 revolution, the iron curtain separating East and West cracked open. Miro Roth and Ivan Vemy jumped in to give a series of seminars in their native country and many people got interested in the process-oriented approach to awareness and growth.

When I agreed to be the first non-native teacher to give two seminars on altered and extreme states, I did not know that the political field would be constellated to such an extent - the seminars were during the parliamentary elections which proved decisive for the future of the CSFR with the country potentially splitting in two.

When we traveled by bus to Trencin, we had a shocking experience. A couple of days before the elections, our "Czech" bus stopped at the border to Slovak territory and we had to change to a "Slovak" bus. Our bus driver explained angrily that they wouldn't transport people any more into Slovakia if they wanted to separate as a new state. The situation was tense, escalating on both sides.

This was the collective field we entered for our two seminars in Prerov and Trencin (near Bratislava in Slovakia). Two highly professional groups had gathered. Psychologists and psychology students from the University of Bratislava, psychiatrists from various psychiatric hospitals, people working in private practice, and those involved in one way or another in the mental health care system, met to learn about the process oriented approach to altered and extreme states and to experience their own non-ordinary states of consciousness.

As an opening to the second seminar, the entire group of 35 people went to vote together before we took off to a beautiful and secluded seminar house. The group was in good spirits - not only eager to begin the seminar but also unified in their liberal position for the fast reform process.

We started the seminar by introducing basic belief systems, metaskills and the idea of the city shadow before we launched into self-experience with exercises and Open Seat. The processes revolved around the theme of

Our Baby

Adam Zwig and Salome Schwartz, USA

In 1990, just after we moved to the States, we gave birth to a therapy clinic for low-income people. Our baby was born as an idea as we crossed the street in Chicago. We had just given a free demonstration of Process Work at a conference and we had enjoyed ourselves. We thought, "Hey, this is fun and Portland has so many people who desperately need help but will never get it because they can't afford it, so let's start a free clinic.

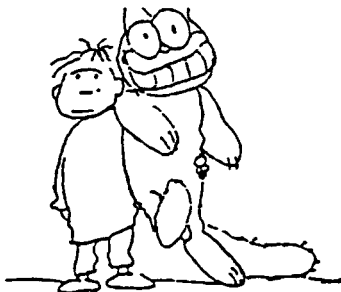
We returned to Portland and placed a tiny ad in the newspaper; before the week was through, we both had full practices with the most incredibly complex, difficult, non-paying clients we had ever seen. Our process work skills were growing rapidly and our wallets and energy were quickly shrinking. We were happy but freaked out! Burn-out was fast approaching. We decided we'd better get some help.

Over the next year and a half, the clinic, called the Portland Health Services, became a nonprofit corporation with a business manager/receptionist, eight therapists, 100 clients, a 60 client waiting-list, weekly groups and classes, various sliding scale fees, a client work-trade program, supervision meetings, meetings with staff and clients and many late nights for the two of us. We were thrilled to see the clinic turn into a place where clients could meet each other and make friendships - one thing really plaguing a lot of these people is the lack of any kind of social network.

The clinic's organizational structures and visions have gone through many changes because we have been learning as we have been going along. The most recent developments are discussions about creating a partnership between the Portland Health Services and the Process Work Center of Portland. The Process Work Center needs a clinic and the Portland Health Services needs an enthusiastic and dedicated group of people to run it. By fall '92, we hope to turn the Portland Health Services into a clinic run by Process Work students.

It is disturbing to discover all the lonely people who suffer for years without having anywhere to go for help. Our hope is to continue our vision of providing therapy and therapy groups to people who have nowhere to go and to work with them in a process and growth oriented way; we also want the Process Work students to be able to build the clinic into a first-rate training and internship clinic.

Our baby just turned two and is now learning to walk!



CSFR.....

liberation from oppression, and while the processes were not unlike works we have seen in the West, expressing genuine aggression and coming out with feelings of anger against the oppressor caused more pain and seemed even more difficult. But, there was a concentrated energy in the room, a loving and humorous working atmosphere with a lively process spirit.

During the election weekend, the group turned more and more anxiously to the radio as it became clear that the nationalists in Slovakia had gained a huge percentage of the parliamentary seats. The mood in the group got depressed – people cried and mourned – with the ghost of separation of the country being around. After the dinner break, Miro and I proposed that we try to process the atmosphere and everyone agreed. Even though most participants had never experienced a POP group process, with just a little basic information they all got up, moved to their respective positions and jumped in.

One courageous man took over the role of the nationalist leader offering a new way out of the social and economic misery – if one would only follow him. Other leaders then emerged offering various programs and ideas for the salvation of CSFR, all of them polarizing the field into opposing factions. Soon the first edge was reached when one man brought in his sadness. But he quickly went on telling people to be open and include all the positions within their hearts. Again everybody felt that they were being given a program about what to feel, and consequently, they shot him down too. Hurt and sadness were present, but not completely expressed until one man, the only Czech in the groups started to cry and very emotionally expressed his deepest feelings. The whole group was touched and the group came together, holding hands, hugging their neighbors, many crying. A sense of community emerged, women and men spoke from their hearts and expressed their hopes and fears about the future. Everybody felt relieved to be able to share and experience that moment of oneness.

Afterwards, the entire group sat in the middle of the room till late at night, sharing food and wine, and singing beautiful Slavic songs.

The next day, we parted as good friends. Their love, warmth and hospitality filled our hearts. Their courage to jump in the middle and work on personal stuff was amazing, as was their seriousness in learning and appreciating process-oriented beliefs and tools and applying them in their work.

Meanwhile, political consensus could not be reached and plans were being made to separate into two different states. Vaclav Havel, the president, reassured the people, saying something like: "Democracy is not like a soccer game where you just count the goals. Democracy is often a painful process of negotiation to reach a consensus." However, even the future of Vaclav Havel, the poet president, remains unclear.

A Little Piece of Swiss Tram Gossip

Sandra Kaufmann, Switzerland

One day in an overcrowded tram during rush hour, a corpulent Swiss lady pushed her way into the tram. Her bad mood got even worse when there were no vacant seats, and nobody moved to offer her a place. She pulled herself up in front of a black man and asked him to stand up. He didn't pay much attention to her, nor did he react. That made her furious. "Such impudence! First these foreigners get into our country and then they take away our space," she exclaimed as her voice grew even louder. With one hand she tried to keep a hold in the moving tram, while the other hand held her ticket, gesticulating in the air to support her argument. "Not only that

they take away our space," she continued, everyone seemed to be listening, but nobody said a word, "They stink! And they behave like animals!"

At that point the black man agreed with her and said, "That's right, I am an animal," took her ticket from her and ate it and swallowed it.

Meanwhile the tram had come to the next stop where a ticket controller got on and asked everyone to show their tickets. When he stood in front of the now silent Swiss lady and waited for her ticket, she tried to explain, "I don't have a ticket because this black man has eaten it!" The controller shook his head unbelievably, "I have never heard such a crazy excuse. That costs 30 francs." Everyone was smiling – but nobody said a word.

Some Things Never Change



Sie hatten Hunger ... Sie hatten Hunger ... das ist kein Grund ... ich habe doch auch fast jeden Tag Hunger und stehle deshalb doch auch nicht! ...

You were hungry! You were hungry! That is no excuse! I also get hungry – every day, but that is no reason to steal!

Reprinted from *Das Maedchen Justitia*

NEWS ABOUT THE LAVA ROCK CLINIC

Max Schüpbach, USA

The September Lava Rock Clinic is just around the corner and with 80 participants, well-attended. I had many discussions around it this last year, collecting ideas from colleagues, patients and health practitioners within and outside the Process Work community. Especially valuable were the talks I had with some of you during the Worldwork Seminar, with a group of doctors and nurses during the Australian Intensive and with members of the Japanese Holistic Medical Association during my workshop with them in Tokyo.

Out of these talks, ideas have popped up that we would like to share with you, hear your opinion about, and realize them together with you. One of our goals has always been to create a place where rigid role identification between doctors, therapists and patients is loosened up, and where everybody gets to know one another as human beings in a process of personal growth that goes beyond roles. For the sake of clarity, we list here the needs that we are aware of in terms of therapists and patients, although we know that many are interchangeable.

PATIENT'S NEEDS

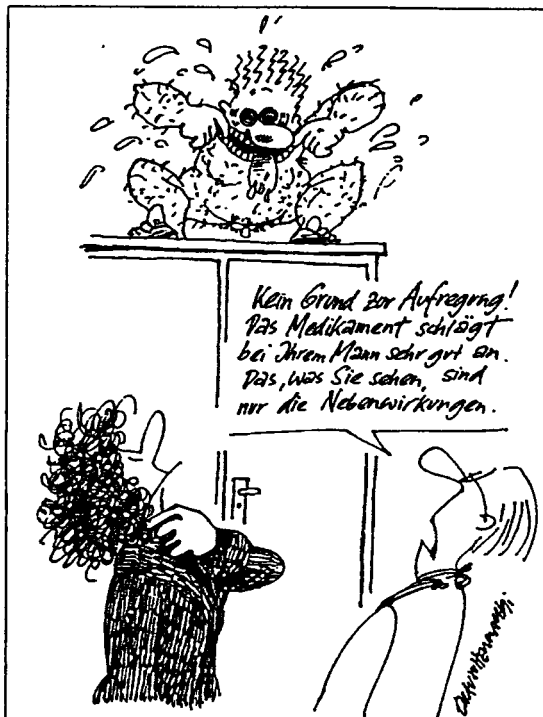
Right from the beginning of the Lava Rock Clinic in Spring 1991, we have called up many participants a month or two after the seminar and asked them for feedback: What was helpful to them, what did they miss? I was happy to hear that the overall feedback was very positive and many of the participants experienced the seminars as a changing point in their healing process. Many remarked about the importance of the atmosphere and group experience, and missed having an on-going community afterwards. There was also a need to go on with the work when returning home. Some expressed the difficulty of finding people they could work with.

HEALTH PRACTITIONER'S NEEDS

From the side of the therapists/doctors, we heard that many of you with classic medical or paramedical practices are looking for ways to integrate Process Work into your everyday work, for more opportunities for case control, and for specific training in working with symptoms, plus a forum where these experiences can be exchanged. Many of you are also interested in research and networking with the medical, paramedical and healing communities at large.

We would like to invite you to join us in the creation of the Lava Rock Network. To begin with, it will provide the following services.

1. It will support community-building through a newsletter and the creation of local support groups to help the patients in their individual processes and connect them with friends and other patients. It will support the creation of action groups that can speak out on specific health-related issues. It will give patients access to process workers and health practitioners who integrate process work in their practices in various areas of the world. It would enable patients to actively take part in the development of the network itself and in the Lava Rock



Don't worry. Your husband is doing well on the medication. What you see is only the side effects.

Reprinted from *Stern Magazine*

Clinic. If a patient takes part in the LRC and then goes back to, let's say, Melbourne, she can see a therapist/doctor that is connected to the Lava Rock Network (LRN) and who, if needed, can confer with her colleagues overseas.

2. Health practitioners that are interested in taking part in the LRN, would be open for referrals of patients that are interested in including holistic and growth-related criteria into their healing process. They could network locally with other healers and have access to supervision and training in the Lava Rock seminars and to an all-year supervision council that will be created by experienced process workers.

3. The LRC will offer yearly courses for nurses, doctors and other health practitioners that will teach Process Work skills in working with disease. I hope to form a group that will set this up. We are working on getting continuing education credits for doctors in the US at this point and would like to expand this to other countries and also include nurses, physiotherapists, and practitioners of Chinese medicine and naturopaths.

4. Many of you are interested in research, but don't have the time, the money or the institution to practice it. I propose to create a research group that plans research together and then works on it individually in various

see page 10

Lava Rock.....

places. All together, we will be able to work with large enough populations and have enough resources to have it written up. We would like to form a research group that creates the first project by the end of the year. Would you like to be part of it and/or would you like to take part in an actual research project?

5. We would like to organize an international conference here on the Oregon coast in the Fall 1994 on the subject of the various paradigms of healing and how they can be integrated with allopathic medicine.

These are our ideas. Please join us if you are a patient who believes that taking part in a process like that could be important for you or if you are a person working with physically ill people, and are excited about some of these ideas, or both. If you would like to take part in this network, please write, or better, fax us: Max Schüpbach, 2411 NW Northrup, Portland OR, USA 97210; Tel/Fax 503 223 6548. We would like to hear about your interests and what you see yourself doing in a network like this one. Please add and create new ideas as well. We hope to hear from you soon.

The Gift

Lenore Lasher, USA

Life is a gift

There is no way to fail
at life

But I might not bend low
enough
to notice the gift hidden
in shadows

Or I might get distracted
by your gift
which looks so much fuller
and brighter

Or I might let illness
convince me
there is no gift only a
burden to bear

Or believing in emptiness
I might not bother to open
the gift

And then again
I might eagerly tear off
the wrappings
Expecting a great surprise
inside

Notes from Moscow

Herb Long and Sara Halprin, USA

In June 1992, we led a seminar on conflict resolution in Moscow. We were invited by Andrei Gostev and Peter Shikarev, whom we had met the summer before at the first Worldwork conference on the Oregon Coast. We felt shy about teaching in Moscow, but Andrei and Peter said they thought we would get on well with the Russian people, especially Herb, who reminded them of a Russian peasant of the turn of the century! The trip was a huge experience for both of us, and what follows is an attempt to formulate some questions and ideas which might help us and others who plan to spend time in Russia.

Long before we went, we were nervous and tried to plan as best we could. Herb spent long hours preparing countless outlines for the seminar and then we would go over them together. As well as talking with Andrei in Moscow and others involved in the workshop, we met with a group of Americans in Seattle, including our friend Anne Stadler, who have worked in Russia on issues of conflict resolution and peace studies. All of our preparations were really helpful, and of course we were still unprepared for Moscow. I wish we had spent much more time learning the Russian alphabet and some basic Russian language.

Andrei Gostev and his colleagues at the International Peace Federation in Moscow have organized a school of mediation for social scientists from all over Russia and some parts of the former Soviet Union. Ours was the second in their series of seminars, and Amy and Amy will be meeting with the same group next winter. We can't overstate the importance of ongoing work and connection with the Russian people - they value this above everything else and understand themselves as interconnected with the rest of the planet in a way that is both impressive and touching.

In Moscow, the feeling of depression is almost tangible, a heavy atmosphere with strong undertones of violence. The second evening we were there we went for a walk after dinner and saw four people beating up one man. Crowds walked by and ignored the beating, which was very violent. Herb and I started pushing each other and yelling and a crowd formed around us. The ruffians stopped the beating and left and after a while the man who was beaten staggered to his feet and walked away. That's when I realized how scared I was. "What if you had been arrested?" Someone in the seminar asked when we told the story -- and what if we had?

Everyone breaks the rules and at the same time there is great fear of being apprehended by the authorities. There is such scarcity of food and material goods, and great daily difficulty in just getting by: paying the rent, washing, cleaning, finding food, getting to work. But because everyone suffers, no one is personally ashamed, as poor people often are in the West. Money and salaries are openly discussed and it is fine to ask anyone what they earn and how they manage. On the other hand, expressing

Moscow.....

personal feelings in public or to anyone but the closest friends is very unusual and difficult for most Russians.

Based on all we had heard before we arrived, we planned a lot of exercises for small groups, thinking that in dyads people would avoid the exercises, and that the large group would be intimidating for personal work. After some initial confusion when people thought they would have to stay in the same small groups throughout, we had a lot of positive feedback about the work in small groups. One major reason for this we think, is that the people in Russia are really self-sufficient. They have to be to survive! By leaving them to work in small groups on challenging tasks, they were able to demonstrate just how well they can do - and they do very well indeed!

The people in our seminar were hungry for knowledge and skills which they could use in dealing with pressing personal and professional problems, some as pressing as the threat of war at home, for instance Moldavia, where some of them live. But they also needed acknowledgement and support for how well they are doing. We understood that especially when we were asked to visit the newly-formed Ministry of Migrations to work with the staff. This office works with Russians returning from countries which were part of the former Soviet Union. They are refugees who have lost their homes and have difficulty being assimilated back into Russia as many of them have been gone for generations. In the hour we had, we worked with the staff's feelings of hopelessness about the magnitude of the problems they face daily. Then they brought in two refugee women and the staff person the women see, and asked us to work with them! We agreed and we listened to the story of the women, one of whom was sobbing into her handkerchief. Things were really bad for this one, a widowed invalid with small children who had lost everything, an educated woman who was working as a maid to support her family. She wanted a special apartment which was not available according to the staff person. Knowing how desperate housing is in Moscow, we could sympathize with both sides. What could we do to help? We picked up on some signals and helped escalate the suppressed conflict which was present. The woman didn't trust the staff worker and he was too shy to be direct with them about his frustration. Once the conflict was brought out, we congratulated the woman on her ability to fight for what she needed, on her intelligence and her resourcefulness. She left smiling broadly and we hoped that we had helped to strengthen her belief in herself just a little.

Somehow this experience with the Ministry, unscheduled and unplanned by us, served as a metaphor for our whole week of conflict resolution. What, after all, could we do in such a desperate situation with so many different problems as those presented by Russia today? Only work with the signals in front of us and notice how resourceful and skilled our Russian friends are in dealing with problems which would wipe us out in a moment, and support their wisdom and strength as best we could.

We had 35 participants in our seminar, and they were psychologists, students, educators, and social workers

from all over Russia. We had a military psychologist from the Navy who once commanded a nuclear submarine, several people from Odessa, which claims to be different from all the rest of Russia (and better!), an Armenian patriarch who agreed to reexamine his ideas about women after some pressure from women in the group, some young university students who picked up ideas about role-playing and role-switching with incredible speed and who were very excited about the idea of metaskills. There was a man who spent sixteen years in a gulag prison in Siberia. One man volunteered to do all the videotaping, having studied filmmaking at university. He is also a polarity therapist and studies parapsychological phenomena. With such a range of differences, the one thing the group agreed on as their primary identity was that they were all professionals.

Issues which emerged during the week included the stress of living when everything is breaking down, fear of further breakdown and violence, differences of national/ethnic identity, gender differences, problems of the individual versus the needs of the group (this issue is keenly felt in Russia to be a problematic heritage of the Communist years), and, as the seminar progressed, how to explore secondary identities as a group without losing the primary identity. Whereas the term metaskill was joyfully accepted by the group, the concept of the edge was perceived as deeply problematic and received a lot of attention in terms of how to best translate it.

The group itself has some big edges, such as picking up the role of the dictator, or bringing out the feelings of ethnic and gender prejudice, including anti-Semitism. It was difficult for me to identify myself as of Russian Jewish descent in that workshop, difficult also to respond adequately to some of the sexist remarks that were made.

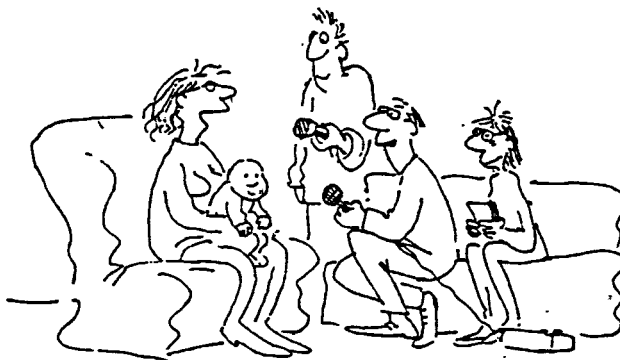
A last note on translation: Luba Serkin was such a great member of our team. We especially appreciated her willingness to expose herself personally and to work on issues which came up around her presence as a Russian who had left Russia to live in the US. At first, there were some difficulties over translation, which subsided once we had processed the issues around this. Although translation does slow things down a bit, it's amazing in retrospect that we remember mainly direct feeling interactions with people. Herb stresses the heartfelt connection with people in the seminar as his most enduring memory.

On our last evening we had dinner with Andrei's colleague at the Institute, a lovely man named Valentin Shalenko who speaks a little English.* Our discussion of his questions about group process and edges took place with the help of a plate, a knife, and a pile of green onions - it was very dramatic and educational for all of us, especially the waitress!

*Valentin Shalenko is president of the Conflictologists/Peace-Makers Association which sponsors the school of mediation, a joint project of the International Peace Institute and the Russian Academy of Sciences, Institute of Psychology.

The Coastal Baby Needs a Name, Love and Money

Jan Dworkin, USA



You probably haven't heard much news about the proposed conference center on the Oregon Coast lately. That's because there hasn't been very much happening. Until recently, the whole project has been on the back burner, simmering and waiting for some people to add the necessary love and financial support to cook it to completion. It looks like that has finally started to happen and we are thrilled to let you know that we may have a simple conference center by next summer.

The project has been waiting for the new water system in Yachats to be installed. Additionally, we have needed some more money in order to begin. We are almost there! The new water system is complete and since last summer Army and Amy have generously donated their earnings from several large seminars to the Global Process Institute. We now have almost enough money to begin building. Our original proposal was for a large and elaborate conference center complete with bathhouse, gymnasium, and children's center. That was quite a high dream and I think it will still be possible some years down the road, but we can't wait for that. There are so many exciting things happening for Process Work internationally that we need our own home! So we have decided to approach the project in two phases: Phase One will be a very simple center with a large seminar room, a few small offices, a small kitchen and lots of potential for expansion. Such a structure will cost approximately \$250,000. We are still \$100,000 short at present but we are counting on support from the community and we think we will have enough money soon. Later when we have more money, we will add the extras we've dreamed of (Phase Two).

This project is presently being coordinated and nurtured by Ingrid and Steven Schuitevoerder, Sonja Straub and Jan Dworkin. We are incredibly lucky to have met Don Steward, a general contractor from California, who has volunteered to help us get the project going. It is really due to his practical intervention and technical know-how that we are able to bring the project down to earth. As you can imagine, there are endless details and we

are working with a very limited budget. Many others have volunteered their time and their technical expertise and we thank you all so much. We certainly need all the financial and technical help we can get.

If you would like to contribute your time, skills or financial support, please write to: Global Process Institute, Building Committee, 733 NW Everett, Box 11, Suite 3C, Portland OR 97209 USA. To make a tax deductible donation, make your check payable to Global Process Institute with a note explicitly stating that it is for the building project. Thank You!

Dear Friends,

by Army and Amy

We would like to share with you an exciting project which we have embarked on and to invite you to join us in our efforts. One of the members of our Open Circle group is New Dimensions Radio, based in San Francisco. The founders, Michael and Justine Toms, have been friends of ours for a number of years. Some of you know New Dimensions through their interviews with us over the past seven years and through their active participation in forwarding alternative thinking.

Presently, New Dimensions is suffering, like many organizations, from the recession and is in need of greater financial support. We decided at the

Open Circle meeting to help them in a number of ways, one of which is to sponsor and organize a conference around them. At the conference we would address the future of radio, psychotherapy, bodywork, and philosophy and their connection to a new emerging political voice in the US and around the world.

Tentative dates for the conference are July 2-4, 1993 on the Oregon coast. We would love it if you would join us with ideas or other help and contribute to a new politics and the perpetuation of a voice which helps important ideas to be heard. For more information, please write to us at 605 NW 22nd Ave., Portland, OR 97210, USA.

Thanks, love
Amy and Army

PHASE II EXAMS IN ZUERICH

Reiner Heidelberg, Switzerland

Five courageous POP students wanted to do it: the final exams in Zürich. All of us had had different kinds of exams in school or in our professional education, but this was something else. Our hearts are connected to this training and to do these exams is not just a formal thing but an initiation, something that has to do a lot with our personal development. Plus, friends were going to examine us, maybe even our own analysts. And, teachers from Portland and Zurich were going to examine us and so the whole field of the relationship between the two largest POP communities would be opened. Would the teachers from America have already developed a different style than ours in Zürich? Would they expect things from us where we might be totally surprised and unprepared? Would they know, as our Swiss teachers do, that we are already fantastic therapists? Would they relate to us as friends or as rivals? Projections were growing and with them a lot of fears.

The day before

The necessary first step was to make sure that there was enough solidarity between us, the examinees. It made me happy that this was quite easily done and a lot of the rivalry that I had experienced before had disappeared. Second, we had to find out what our Swiss teachers were thinking about our candidacy. There were various reactions like: "First I thought, it cannot come out well if you are doing the exams, but then ...", to, "Why are you so frightened about us examiners, do you trust us so little?" Obviously, we had to pay attention to the relationship with the examiners who had left Zürich more than two years ago. This was not as easy because fax and telephone just don't compensate for face to face contact (thank God, otherwise we might have electronic exams in the future).

And for sure it was *not* a mistake if we exposed ourselves once again to criticism about our style of therapy as I took a lot of supervision hours and case control classes.

The day

Finally everything drew to a close on the weekend before the Worldwork Seminar. Now there was not only fear but also some excitement about this challenge. On Saturday at noon, we approached the POP Center, accompanied by our *Beisitzers*, some of us with shaking knees and wild stomachs. Most of our American friends had arrived in Zürich only a short time before, had already been giving Phase I exams and looked like they were suffering from jet lag. We met again with a variety of feelings: happy, nervous, and tired.

For me personally, the first three exams passed in an ecstatic rush. After the third one, I couldn't believe that it was over for the day and I would have liked to go on until everything was done. But I was quite shocked to meet some of my friends who were also taking exams that day who had teary eyes or green-white faces. Obviously something hadn't worked out as we had wished. The

next day I was even more scared and my night had been quite restless. It was a big relief then to dive into the work with the clients and the videotapes and my nerves began to quiet down. After four hours everything seemed to be done - but the most difficult part would come only afterwards.

At the exam meeting we learned that only two of us had passed the exams without any major troubles. Under time pressure (the bus to the Worldwork Seminar was waiting) we had to negotiate how the exams of the other three should be evaluated.

This was a painful procedure with a lot of criticism and relationship conflicts. One of the examinees succeeded in making a compromise: repeating three of the seven exams. But we couldn't finish with the last two examinees and had to leave many things hanging in the air. So we made another appointment to meet during the Wordwork Seminar.

In that final meeting, two of the examinees entered a situation similar to a deathwalk. The first of them resigned herself to fate, died, and finally accepted that she has to repeat the whole exam. This was painful but also clear. The other one found

see page 15

A STUDY IN LIFE MYTHS?...



THERAPY SALAD

Rudi Christen, Australia

Last night I didn't switch channels in time
That's why a subpersonality of mine began to rhyme
When it noticed inner voices dialoguing again
Such as the critic, the fool, and the Swiss who's sober and plain.
My metacommunicator had had premonitions
Of how they would take up different positions.

One doubted: "Should I still worry about my dark dream
That perhaps I haven't yet let out my primal scream?"
The next said: "Experientially speaking I feel that I sit
On a whole load of archetypal and personal shit."
Another went: "Can you handle your client's projective
identification,
Or, will you have to resort to behaviour modification?"

The Philosopher asked: "Are you still coming from a deep
somatic space,
Or will you now work from a POPing sort of place?
Is life merely a secondary process
Of our beloved Goddess with the mostest?"
The Paranoid got annoyed at someone's unoccupied frown
And at once concluded: "You're dreaming me up as a clown."

"Are you in trance about Moliere trying to reincarnate
Or is this the effect of a beer last night in a car late?"
"You wanna fight?" probed the Offended, ready in the
movement channel.
"Hang on, can we consult first with the conflict resolution
panel?"

So, I'm confusing object relations with relating to an
object,
And mistake the Chinese clock as the latest Swatch
project.
Besides, I'm shy, afraid to role-play and shout,
My boundaries are blown and I'm totally schized out.
Moreover, I'm mortally ashamed of my collapsed tissue,
Not to mention countertransferences and the infantile
projections issue.

I hyperventilate into a transpersonal state
So that I might escape my Oedipal fate.
A dreamfigure informed me: "You're positively stuck."
But my resistant one says: "I don't give a fuck."
Already I've flunked the humanistic approach and Gestalt,
If I miss this one I'll be ripe for the Irren Anstalt.*

"Today alone I missed thirty five edges, " I yelp.
May I introduce myself: "Your friendly therapist ———
HELP."

* Irren Anstalt is a Swiss psychiatric clinic.



NEXT POP CORNER

Please send all your contributions for
the next POP CORNER to:

POP CORNER
c/ Margo Hoekstra
199 Bridge Rd.
Glebe.N.S.W. 2037
AUSTRALIA
or:
E-mail: preg:treved



Army and Amy demonstrating an important
lesson from the Worldwork Seminar: "A good
friend will watch your back"

ON BEING A MEMBER OF THE SYDNEY POP COMMUNITY

Margo Hoekstra, Australia

POP has been an active part of my life for four years, ever since Max first presented Process work at the 1988 conference in Brisbane. This eventually led to my decision to attend the '89 Intensive – such a big step. It was a truly indulgent period; I felt that I had discovered something I was passionate about and this feeling has only grown stronger over the years.

There were five others from the Sydney area there and during the next year we met irregularly, struggling with somehow wanting to continue such an important process.

I'm not sure about other places but in Sydney there has been a strong need for "Mother", someone to nurture and look after us. Those of us who discuss this from time to time think it is an undesirable Australian characteristic, a hangover from the days when we looked to "Mother England" to care for us and we still have not developed the trust in ourselves and the ability to support our own leadership talents (knocking down "tall poppies" is a favourite

Australian past-time).

This mothering issue is like the ghost role in the community. In the absence of a leadership that "knows" process work and is organised in its presentation to those in need, those of us who want to know, look for someone to fill this role. They usually turn to the ones who have done an Intensive, and inevitably these get "killed off", sometimes directly or else through the gossip chain. In this age of adolescence that we seem to be in, we are squabbling with whoever takes on the role of parent and sometimes just with each other. But as a group we are coming of age: we are learning to process our gossip, our conflicts and our one-to-one relationship issues.

As one who has over the years felt my own neediness, and stepped into the mothering role (with both reluctance and willingness), I have found being a member of the Sydney Process Work Community an experience filled with challenges and rewards. As we continue to work towards becoming identified as a

community, I have developed many beautiful friendships which have supported me, especially over the last year, when being at home with a baby could have been an isolating time. In recent times when I have been criticized, there have truly been times when I said to myself, "I don't need this in my life", and have wanted to opt out. Then I have also realised how much I value the connections I have through the community, and I want to remain part of this group whilst we go through the pain and chaos of this posthoneymoon period which inevitably nudges relationships to really mature in the face of seeing each other "warts and all" and wondering if we really want to be "married". Sometimes there is a sense of chaos that frightens the part of me that likes stability and loathes and avoids conflict. And then I realise that this is my learning process right now and I value it, and I stay to learn more.

Exams.....

herself trapped in a heavy relationship conflict with one of the examiners and couldn't find a solution. To observe that scene and not be allowed to help was very difficult for me. I personally thought that this "deathwalk" was too hard and would have wished to stop it. Another part of me thinks that what happened there is the only *real* exam and agrees with the whole procedure. Today I ask myself how I would want to deal with situations like that if I became a teacher and examiner.

The day after

Thank you to all who participated in these exams. It was a big learning

experience. Thank you to all the teachers for taking so much responsibility. Thank you to the *Beisitzers* who were an indispensable support, and thank you to the examinees who had the courage for this adventure.

These exams were an experiment. They were the first Phase II exams since our American teachers had moved to Portland. And, in contrast to former exams, most of the examinees didn't belong to the inner circle of friends and colleagues of the grandparents. I think that the experiment worked fine in most of its parts, but two of five examinees have to repeat the whole exam and one has to repeat a part of it. In my

opinion, this result is not good enough and I am thinking about the question of what did not work well in the last phase of the training. I would like to open a discussion about what might be lacking in our training program.

To all future examinees

I recommend that you "take the exams before the exams". That means, don't let yourself only be supported positively in your own style of therapy. Look actively for criticism. Let yourself be analysed and let your work be torn apart totally. That's what will prepare you. Good luck to you!

Coping with Tourette Syndrome and Poor Vision

by Marvin, USA

I am one of God's children, here to show people where they are not at. Such is my curse, or is it my mission in life?

"He's weird." says the asshole walking behind me. "Four eyes, four eyes!" taunt the kids on the block. My landlord threatens me with eviction because of yelling and loud noises in the middle of the night. A negative thought, some anxiety, and an instant bodily reaction is evoked, a spastic movement of my head, a piercing noise, or an intolerable barking grunt screaming forth from my throat, to the dismay and discomfort of whomever falls within my range. Women reject me because I pick my nose, fart, clear my throat, spit and have numerous mannerisms which are socially disgusting, but my body is just doing its thing, it's just natural and it's me. I can't see well, so I get close to the woman who has entered my line of sight. I can't hide that I am looking at her body and checking her out. Subtlety has never been allowed me.

I have Tourette Syndrome* and very poor vision, which limits my ability to see body-level communications, prevents me from driving a car, creates boundary issues and is not correctable. And I have to live with both of these conditions. For me, there is no escape, nor can I pretend that it doesn't exist. This is who and what I am.

People are scared by what they don't understand, they fear me, for I mirror the possibility that they may become who I am. It would be so easy to just disappear and cease to exist. But I won't go away, though I am alone and separate, I desperately hang on to my existence - for the alternative is to be dead.

In reaction to a life filled with rejection and isolation, I have become needy and pushy. It's how I survive. I react to the world through my victim. It's my protection. I am critical and judgemental, rejecting both myself and others. I won't let you get close, to hurt and betray me at the essence level of my being. And I keep myself from feeling my own sadness, anger and hurt. At the first sign of an emotional discomfort arising within my body, my instinct-level reaction is to thrust it away through a loud vocal outburst or a spastic jerking of my head and body, whatever it takes to remain disconnected.

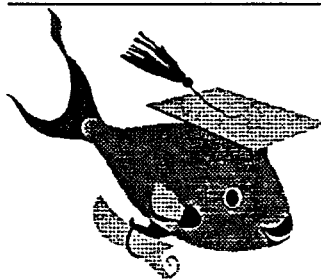
If someone has the sensitivity and compassion to accept me, and to look beyond my Tourette Syndrome and my poor vision: then what confronts them is the intensity of my neediness, of my grasping and pushiness, as I consume and devour whatever energy I perceive to be reaching out to me. I have no boundaries, I flow into another's space and I consume them.

Often I lie in bed depressed, unable to act, feeling sorry for my human predicament, stuck in my comfort zone, not wanting to make a change. Afraid of being hurt,

of intimacy, connection, and commitment. Afraid to love myself, to feel my pain, to accept my shit, and to get on with my life. It's so much easier to stay stuck and get all that attention, recognition and sympathy. It gives me power, it gives me control, and I don't want to give it up, not even for love, not even for my life.

To die before I die, to be reborn from the ashes of my desolation, to forgive myself, to breathe deeply and to trust in a power greater than my own limitations. To fly the eagle's flight, to be an impeccable warrior, to live the life I choose to create. To feel the pain, to feel the love, and to claim the freedom to live. This is also Marvin. I am okay.

*Tourette Syndrome is a hereditary neurological movement disorder involving multiple tics. Tourette's begins in childhood with simple tics but progresses to multiple complex movements often with vocal and respiratory tics which often resemble fragments of everyday behavior. In 50% of the cases, swearing and obscene utterances occur. It can be severe enough to be socially and physically disabling.



Congratulations to:

Phase 1:

Midi Berry, Darrell Chambers, Sheila McClelland, Margaret Goldwin, Annie Morgen, Marianne Ott.

Phase 2:

Reiner Heidelberg, Sabina Poulsen

New Baby:

Richard and Trudi Blau, a son, Dario Ramon, 16. August 92.

Degrees:

Leslie Heizer, PhD

A POP TALE

Once upon a time, not *soo* long ago, the Research Society for Process Oriented Psychology was founded by a small but hardy band of *dreambody* supporters. Through serendipitous circumstances, each member had found himself in the environs of Zürich in the company of one Arnold Mindell.

Now, the tales of each are many and varied, but those are other stories for other evenings. Suffice to say that each personal path through inner and outer adventures, dangers, joys and risks had led these courageous people to this historic city surrounded by the glorious Alps.

There our story starts when this group came together to explore and experience life in all its heights and depths under the tutelage of this new wizard, Mindell. Now you know, at that time, Mindell was in residence at an ancient castle on the shores of a beautiful lake. There, he and his students followed the inspiration of his teacher, the founding wizard, and they delved into ancient secrets and methods and philosophies looking for new insights into the human condition. But since the death of the old wizard, there were more rules and less excitement and exploration in the old castle and soon our little band had become rebels—without hardly even knowing it!

Their first big challenge was to find a way to keep the spirit of the old wizard alive. So they met on Sunday evenings and followed their dreams and threw the I Ging and met again and again to share their experiences and exchange ideas and work on themselves.

Then they all caught a severe case of research fever, compounded by a secondary infection of computer complications – which still plagues these early members to this day! Luckily, they discovered an antidote in paprika chips and beer, best taken in quantity while in one another's company at The Sternen Hotel.

But the biggest challenge of all was to brave the problems and conflicts between them that eventually led them to expand their ideas and methods and offer to the world the tools of process work. This personal dedication and courage was inspired by their leader, the aforementioned Arnold Mindell. All the early members say, even now, that what inspired them to go on, in spite of their fears, or insecurities, or lack of faith in themselves, was their love for Army – and it must be, my friends, his love for them!

Having emerged from these dark states into the light of free creative inquiry and exploration, they decided to leave behind all institutions and found a research society dedicated to following the process of process work.

And that, my dears, is just what they did!

10 Years Later

The editors would like to thank all the people who answered our questionnaire. And, we would like to apologize to anyone who would have liked to contribute but didn't get a chance. We are grateful for the opportunity to have a little insight into what "POP life" was like in the beginning. It would be great to be able to publish all the answers, but there is not enough room, so we'll give you just a sampling.

1. POP was founded 10 years ago this September. What can you tell us about the early days? What do you especially remember? The people, the feelings, the problems, the joys....

Diamond

I remember an early conflict and ambivalence about training. Were we a research institute or a training institute? Lots of hot feelings and conflict around that.

I remember that a lot of our early identity had to do with not being like the Jung Institute. We tried hard to differentiate ourselves from the Jung Institute. Personally, I remember that my first five years in Zürich were spent being intimidated. I was intimidated and scared being in a foreign country. I was intimidated because of my youth, my lack of education and experience. I was intimidated by others in the group, by the "insiders," the older, more advanced people.

I remember trying to work up the courage to speak out, how I hated myself afterwards when I didn't speak out, and how I hated myself when I did speak out because I thought what I said was stupid.

Dworkin

I remember Ursula Hohler spinning something around like a madwoman and also the I Ching Hexagram "Work on What Has Been Spoiled". I remember also feeling nervous, insecure and uptight.

Zeigler

In Spring of 92 I remember a meeting at Army's place, and then another one in a hotel. Some worked on the Statuten and we tried to keep them as vague as possible. We discussed the structure of a society, goals and such. At a preliminary meeting, we threw and I Ging and No. 18 came out.

In September, we had the Gründungsversammlung, with about 30 people present. Research was important so Army insisted that we have it in our name. Lots of energy and excitement in the air. Also the first seminars in the 70s with 12 – 14 people; when 16 came, I thought it was too many.

Hohler

I remember the I Ging's we threw: What is our goal? No. 18 Work on What Has Been Spoiled, no moving lines. For Army: Am I the right person to found this? No. 45 Gathering Together. For the future training program: No. 16 Enthusiasm, changing to No. 7 The Army

Menken

I remember the excitement of creating a new organization and not knowing what we were really trying to create. We quickly discovered that training was very important and it was what most people were interested in. I also remember conflict at the time between groups of people. Insider and outsider issues were very strong, but at that time we didn't have a way to work on these things. We worked much more with the individual psychology and very little in relationship and not at all really with the group situation. So, there was an unspoken tension that people felt and gossiped about later with each other.

2. What was it that got you into POP? What was the attraction? The bait?

Diamond

I got into POP because I followed my friends to Zürich. I did not particularly identify with psychology. I took years before I identified with what I was doing in Zürich. I stayed because my friends did, and because I grew very fond of Army.

Dworkin

At first it was love and friendship and also looking for a spiritual path. I discovered support for my wild shamanistic nature early on and I wanted to become more of myself. The atmosphere, intensity and excitement kept me there and also my growing love for Army.

Ziegler

I did not get into POP; I was with Army before POP existed and went along with him in this adventure. I didn't question it, I was just part of it.

Hohler

My dreams and my love for Army brought me to POP – also I was very unhappy at the time at the Jung Institute because I didn't have the impression that following the unconscious was taken seriously there.

About my role in POP, I remember one dream in 1982 that we all would be in charge of a big hotel (Kurhaus) near a very old and famous fountain. Army was leaving in order to get trained as a hotel director and everybody had a certain task. I was the one who had to remain and sit with the well and take care of it.

Another dream which motivated me to be part of the group, was one where lots and lots of people had to be connected and it was my job to help Army with building bridges between them.

Menken

I first came to Zürich in 1979 and at that time there was no POP. I came because a professor, Ben Thompson, used to read us Army's unpublished Don Juan manuscript. I was so turned on and excited hearing about Army through this manuscript and by Ben's fond memories of Army that I decided to go to Zürich and take a semester of independent study. My first meeting with Army was what attracted me then. I immediately loved him and felt support from him that I had never felt anywhere else. There was also an informal dream group that met every Sunday night and there I met other people who were working with Army and would meet informally to work with each other and experiment in dream and body work. When I had to leave after a few months, I cried, feeling like I was leaving a place where I belonged.

3. What kinds of dreams and hopes about process work did you have then?

Diamond

When the organization first formed, I was dreaming that it would be a training institute. I was still at the university and was happy to have a formal organization that would provide training. I was also very much into the research aspect of it.

What I remember most was the training atmosphere. There was lots of support back then in the early days to brainstorm. We were all members of the "brainer" club, and would spend hours drinking beer, and staying up at seminars into the wee hours of the morning brainstorming about process theory, channel and process structures, etc.

This period of research fever coincided with the first computers that Joe and Army had. I remember discussions about computer programs that could be fed sentences and would spit out process structures!

I miss all the research fever. That was a lot of fun. I think that's one of the things that made me stay.

Dworkin

None. I just wanted to be happy and not hate myself so much. I suppose I also thought POP could change the world and I think I wanted to be famous; I never thought in a million years I'd make it as a therapist.

Ziegler

No big dreams, just the hope that we would grow and become strong and would be able to deal with whatever would come up.

Hohler

I was always more interested in the attitude than in the training of skills; my hope was that we could support each other to do unconventional and wild and free things (in my notes I read the sentence: people who believe in spontaneous phenomena belong together).

4. Which ones came true? And how? Or which ones did not and what do you think about that?

Diamond

Did this dream come true? Well, I think in part it did, and in part not completely. I feel that personally, research and training brought me very far. It helped me in my studies at the university, it helped me in my own process of self-growth.

Dworkin

I think I'm happy, at least some of the time - I like myself much more than I used to. I'm not so interested in changing the world. Rather, I think process work is an incredible way to love people and support people and groups and this creates change. I even have a decent practice!

Ziegler

What did not come true was all the ideas of research, and exchanges, projects of groups, I see very little of that now.

Hohler

I still remember how much we tried to avoid power problems and how Arny said: Power can only happen if you are not there. The incredible growth and success of POP could be very frightening if we are not really committed and present in what we do and how we relate amongst each other.

Menken

I feel both of those dreams are true. I think process work has held together in part because of relationship and love and this is what creates community. Also over time, what has kept us all going has been the developments of relationship and group work.

5. What is process-oriented psychology for you today?

Diamond

POP today: for me, it's education. It's a way of living and interacting in the world. In Portland, I see it being used as a tool in the public sector. I think POP has a big future in doing public agency work, for instance, working with the staffs of organizations, schools, political groups, businesses, etc., that work with the problems of the day. And, finally, I see it as a political tool. I feel that one cannot be divorced from political issues, and doing therapy is or should be a political act. Process work, with its focus on edges, on the world and on relationships, is an ideal tool for bridging individual growth and political change.

Ziegler

POP has much developed. Now I see that it gives tools for many more situations/problems than I ever imagined, e.g. worldwork, coma, God knows what Arny will come up with next! For me personally, it has become a lifestyle.

6. You are all over the world now and that is surely a world channel situation. What kind of experiences are you having there? How do you see POP in relationship to the world?

Dworkin

There's lots of work to do in the city and I love being in the middle of it.

Hohler

My experiences in Zürich are more and more open to the global situation, it doesn't feel so different any longer.

Menken

I find myself being more politically inspired in Portland. I feel involved in the social and political atmosphere and I am often furious. This anger has encouraged me in my desire to work more with groups and social conflict.

I see that POP has great appeal to many people and cultures because of its cross cultural nature and neutral terminology. However, I also feel that each culture adds their own flavor and style, communication, vision, and feeling. I feel that as process work grows and includes more people from various backgrounds and experiences, the more process work will expand. I feel process work has lot to learn from its interface with the world. The world work aspect of process work is very exciting and, I feel, revolutionary.

7. What are your current hopes and visions for POP? For your own future?

Büttikofer

I was afraid that the dark side of institutionalism would much more appear than I can see it now: Routines, bureaucratism, treating people anonymously. So, I'm glad that POP seems to be still open to renewal and to be vital.

One aspect of my dark dream still is around. That we still are not sufficiently able to process those spiritual feeling aspects of a large group process which obviously would need more silence and time of not rushing.

We tend to oppress and reject those people/parts who are less fighting natures but who are more introvertedly creative on the more spiritual and artistic and metaskill level. I experience that I do this to myself on the personal level and I feel I have to do it in POP meetings in order to be heard.

Dworkin

I'm hoping to reach more people in parts of the world like Africa, India, South America and also in the inner cities. I want to grow in my work with "non-grower" populations in Portland and around the world. (I don't think too much about my future. I have enough trouble with my agenda for next week!)

Ziegler

Current hopes: that we do not fall into the same old structure and cycles that we so much wanted to dissociate ourselves from at the beginning. That politics, money problems, etc. do not make us fall into the same old routine and make us lose our visions or make compromises we do not want to. For my own future, I live very much in the now and let future be future.

Hohler

For POP, I trust that the right thing will happen. I don't know if it will develop the way we want it, but I am sure that it will not disappear - whoever gets into contact with POP integrates and transforms it her or his own way. For my own future, I will follow the spirit and my heart as much as I can.

Menken

I see a large international community with similar ideals trying to create a better world. A place where differences are appreciated and conflict is processed. Where love is the background and the mystery of life is the guide.

8. What would you want to give to a new student of POP? (ideas, advice, suggestions, visions, etc..)

Diamond

To a new student I would say: don't just sit in classes trying to learn POP. Learning comes through interaction and relationship with others, with your teachers, and your fellow students.

Dworkin

The courage to believe in themselves and value themselves while still learning something new. And to challenge me when I act like I know it all.

Ziegler

I'd like to build up a net of communication, help, support so that people all over the world could become pop students. That is what I try to do from here. I don't give advice to students, I'd rather ask for their help!

Hohler

I try to help people follow their own visions. My personal vision of learning has to do with taking risks and learning out of the experience you make and with the humbleness to recognize your teachers when you meet them.

Menken

I'd give a new student a big hug and say welcome. I would encourage them to get involved with people in the community, that relationships are great teachers. I would encourage them to take their own leadership, to value their own sense of self and I would encourage them to have conflicts.

POPCORN VISION: THE GLOBAL DELI

Amy and Amy Mindell

We have been pondering our overall process. We've noticed that we are in the midst of something new. At first, we felt like the stream of events happening to us was an interruption of our personal lives. So we asked ourselves, looking for the secondary process, "What does all this mean? What is it about?" We discovered that our "private practice" includes our connection to an amazing and growing global network.

Now, global things always seem too big in a way, exciting but overwhelming, until we began to think of ourselves as a little business in a big neighborhood. What kind of business? We decided that our business was a GLOBAL DELI. Deli is American slang for delicatessen, originally a European word for a shop which sells specialty foods. We decided on a deli because we are usually sweet but we can be salty - and we do love garlic!

From this viewpoint, the people and the organizations in our global network are not only customers but also sellers and providers in our global neighborhood. We help and support one another to keep all our little businesses going.

So, if we take this over as an image, why not operate like an international neighborhood? Our vision is for the entire network to love, support, and cooperate in helping one another to fill our needs and reach our goals. We'd like to focus each year on one shop, for instance, in '93 getting the international building in Yachats completed. Then next year we focus on another center, like Sydney or Zürich or Bombay, and send one of these groups financial support, help or training - or, as they say in some networks, good vibrations.

Often we are all too independent to ask for help, but to grow and survive, we really need each other. And at the moment, we need you. We need your help. Our international conference center has the land it needs and about \$150,000. We only need another \$100,000 to be finished. We want to make a center for the intensives and the clinics and we want to have a home. Then ya'll can come visit and have some coffee and bagels with us!
