

POP - CORNER

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OUR HOUSE ON ETZELSTR.

THE CENTER FOR PROCESS ORIENTED PSYCHOLOGY

by Sonja Straub

The cute little house that you see in the picture above is our new house. As the organizer of the renovation and the manager of the house, I had a lot of work and sometimes wished I hadn't accepted the job, but now, after everything is finished and everyone has moved in and likes it, I have a lot of motherly and proud feelings about it.

The house has three floors with 10 rooms and a kitchen. 7 of these are now used for private practices, one is an office for POP, one is a student room with a video machine for Swiss and American

tapes, and the big room is used and rented for courses and seminars. The renovated rooms look very nice, even a little fancy. We got new doors, windows, carpets and wallpaper.

We also plan to renovate the basement, but unfortunately, we still haven't gotten the permission from the Swiss building department to do so. A year ago somebody in that department went beserk and shot some of his colleagues; since then they work even slower than they did before, and you can't imagine how slow they were before. But since we live in Switzerland, there is nothing we can do without first obtaining permission.

Now we are really becoming a big family, living in the same building. That's very nice and

lots of fun. We meet each other frequently and say hello, chat and drink tea together, we see which courses the others are giving, what their practice looks like, how many people they see, how often they work, how much mail they get, who writes to whom (we still didn't get the new mailboxes), how long each overworks, if they are able to pay their bills (I'm the manager of the house), who has whom as a client, what the clients look like when they come out of a session (if they look happy or more depressed than before), who makes a mess in the toilets, and on and on....There is no longer any way to get around the controlling eye of the family members. You see, everything has its advantages and disadvantages.

EDITORIALS

POP
IS
SPINNING

Contrary to popular belief, poverty abounds in Switzerland. Regardless of the state of individuals' bank accounts starving children are often lurking in the background, waiting to be constellated. Here in Zurich we are learning that poverty is rarely an issue of money.

Every conceivable monetary concern has been raised lately, ranging from protests over the new student fee and increased membership fees to complaints about seminar prices or disputes about the difference in price paid by seminar participants or observers.

Many of the issues relate only indirectly to money but directly to matters of worth. Americans are wondering if they get enough for their membership fees, Swiss natives feel eclipsed by the number and extroversion of the Americans in Zurich, newer students feel excluded by those who have been around longer, the Swiss wonder if as much energy is being put into their education as into the American Intensives, and so forth.

We are all suffering the consequences of being members of such a large family. As the family grows, individuals feel poorer. Matters regarding money, availability of time and status seem to increase in importance in proportion to POP's increase in size. Poor individuals feel threatened by newcomers and newcomers resent having to fight their way in. In such a system, matters regarding money, rules and organizational policy often bring out the deeper feelings concerning the individuals' sense of worth and importance.

Feeling poor usually means that you are aware of richer neighbors, a wealthier and more powerful group. American members have repeatedly complained that they do not get enough for their membership fees, perhaps feeling poor and disadvantaged in relation to the central and governing Swiss group. Ironically, at the last training committee meeting, the very same issue arose here in Zurich with a slightly different content. Some students in Switzerland felt jealous of the American students who they felt had a less demanding training program and received more generosity from seminar leaders. Minutes later, the same students who wanted to make stricter rules regarding American students felt they should be given more leniency on their own upcoming exams. The polarization between rich and poor was constellated once again a week later at an all student meeting, when some shy students came out of hiding strongly asserting their needs.

Another area which seems to have constellated issues of power and wealth was the establishment of the national POP center in Denver. The secretary was set up to be a network center for POP USA activities. Chief among its tasks was to set up a central mailing list in the USA. The last we heard, the secretary had received only 180 names out of a possible pool of about 3000. What is this lack of sharing due to? It is to all our advantages if communication about these matters and the deeper concerns are brought into the open.

We are fortunate enough to be part of an organization where feelings of poverty are given a chance to express themselves. Separated from our American relatives we have been pondering about the deeper issues involved in the complaint about the membership fees. Perhaps there is a collective need to feel more involved and connected. If this is so, is there a way in which we can help facilitate this need? We in Zurich need to feel supported and appreciated by our family members abroad and we are quite sure this need is mutual. Let's find out more about this.

Our family is no different than most in that the need for power and greed belongs to our system. We are unique in that our family is lucky to have some of the tools that we need in order to process such real feelings. If the feelings of poverty that we all experience are channeled only into strict policy making and new legal statutes then the process gets stuck and the institution and its members suffer. A psychological institution needs a psychological approach to matters of money. Hopefully, we have the courage to use the money issues to bring out the deeper relationship and feeling needs in the background.

by the editors: Dawn Menken, Jan Dworkin and Julie Diamond

Letters to the editors
and editorials are
WELCOME.

by Army Mindell

"S" means segmented. "P" means it is polycephalous. "I" means it has an ideology and "N" means it has a network. Spin is the general system's theory definition of what a network is.

POP has "S" to it. It is segmented; it has parts in Zurich, parts in Basel, Bern, New Hampshire, Santa Cruz, San Francisco, Seattle, New York, Denver, Bellingham, Phoenix etc.

It is polycephalous; there are very separate and individuated heads in these localities each with minds of their own, each with their own autonomy, each being a little different from the others.

There is an "I" to POP. There is an idea that seems to connect all who seem interested in being part of the psycho-ecology group, people intending to bring the unconscious to consciousness, people who are interested in reducing the float of information created by the great spirit and us humans, people who try to use this information instead of throwing it out into the great universe to clog up the water ducts.

And there is a growing "N" to POP, a network consisting of telephone lines, Popcorner newsletters, gossip about who did what with whom and when, and dreams which bring up all the indiscreteness which no one wants to talk about.

I think that the typical "SPIN" structure of all networks should grow one more step and become SPINAD.

"A" standing for awareness, the realization that communication is not enough, that jealousy, anger, greed, love, and religious experience are also present in every clogged network line and that this secondary communication signal is also trying to come to awareness. But who wants to become aware of egotism, power, jealousy, desire? And who believes in their heart that this stuff in the information float could be useful?

"D" is the dreaming part of the SPINAD, the power to dream these secondary processes to conclusion, the power and courage to bring up the wierdest stuff and transform a meeting into a group of grasshoppers or flying saucers, or a bunch of wild indians. POP is spinning, and I guess it will be spinading.

VOICES OF POP

WEST COAST INTENSIVE
August 2-30 1986

Wow, at this point, the end of November, deciding upon the place where the West coast Intensive is going to be is very difficult. If we have it at Maryl Hurst College outside of Portland Oregon, then the need for inexpensiveness will be fulfilled (about 28 dollars a night for room and board). If we have it at Otter Crest on the Oregon coast, the need for beauty will be fulfilled (about 45 dollars per night for room and board). The University of California campus at Santa Cruz (about 40 dollars a night) seems some place in between. Networking with John Booth and Aminah Raheem, Gary and B.J. Reiss, Kim Burg and Jan Loeken all of whom have been looking for a good spot, pulls us together as a team and will, I hope, finally satisfy as many needs as possible.

The grandparents seminar, meant essentially for those ca. 30 POP people in the States who will be getting their first certifications this summer, will meet the week following the 27th of July. The Intensive itself will begin immediately thereafter. There will be two tracks, one for about 40 beginning-intermediate Poppers and one for 40 advanced students. For this first American Intensive, the teaching staff (about 20) will be essentially the Swiss group assisted by some of the American grandparents. All together, we will be about 100 trouble makers. I, for one, will be there for the entire intensive - the first time around. In following years, we will probably have intensives in different parts of the States as well as here in the Swiss Alps.

Some of the specialities of this intensive will be a course on extreme states, possibly bringing in individuals suffering from psychotic experiences. Also we shall experiment with new global-collective games and theories, methods for working with large group processes. We shall be trying out new methods for working with movement, advances in process theory and having control case seminars, as well as, bodywork, dream work, supervision and other classes and specialty courses.

It is possible that just before, or perhaps even during the intensive, another learning-experiencing group will be going on in which those who could not get into the 4 week intensive will study for 2 weeks.

Those who want more specific information should be in contact with Aminah Raheem in Aptos, California, Kim Burg in Seattle, WA., Doug Williams in Peterborough, N.H., or part of our administration group here, Dawn Menken and Julie Diamond, Hopfenstr. 19, 8045 Zurich Switzerland. Costs will be 1800. dollars for those sharing teaching responsibility and ca. 2400. dollars for others.

I dreamed last summer, about moving through the edge of the United States and finding myself on the West Coast, teaching. In the distance, I could see an immense white capped mountain rising out of the sea. Was it Fugi Yama? It was beautiful.

Love, Army

DAVID ROOMY

David Roomy writes to the POPCORNER with news of various lectures and workshops he has been giving this year. He has lectured on "The Dreaming Body" in British Columbia, Bellingham, California, and Arizona.

His upcoming schedule is as follows:

Workshop with Lecture:
Jan. 16-18 "The Body as Crucible" and "Pioneering Ideas in Jungian Psychology" at the Monterey Peninsula Friends of C. G. Jung, Monterey, California.
Contact Person: Joseph Pagano, 853 Pacific Street, Monterey, CA 93940 (408)649-8809.

Workshop:
"Introducing the Dreaming Body" in New Orleans, LA. at the American Association for Counseling and Development.

A CALL TO AMERICA . . .
We miss your voice! Please send us your input: articles, opinions, comics, suggestions, gripes, graphics, dreams, criticisms, announcements, births, deaths, feedback, letters, editorials, gossip, love letters . . .
Please help us to make this Newsletter a real networking tool.

Late breaking news!
Army has decided ON ~~Maryl Hurst College~~ outside of Portland, Oregon, as the site of the summer intensive course.

WHERE DOES THE MONEY GO?
A letter from the treasurer to the members in the USA

Dear friends,

Some letters I got helped me realize, that you should know more about what you pay for, when you pay your membership fees! As you all know a wildly growing phenomenon we usually call POP (or might call POP INTERNATIONAL) is coming into the world just now. 1986 our members number increased to over 100 (unfortunately not all of them paid..) about two thirds of them living in Switzerland and one third living in the States. With your moral and financial support as a member you contribute to our efforts to build up an information and communication network and develop structures for further education, research and all kind of coming needs. To give you an idea what this means for our finances I present you some figures:

Expences 1986 (Budget 10'000 Fr.= about 6000 \$)

6500.-Sfr. Secretariat (wages, material, copies, mailings, telephone) =65%

1500.-Sfr. POP CORNER =15%

1500.-Sfr. American secretariat (started since August 1986)=15%

500.-Sfr. Room rents, library, reserve=5%

THANKS to you all for giving POP trust, time, energy and money!

Ulrika Holder

THE GERMAN INTENSIVE COURSE

by Brigitte Berweger

As I write this I feel sad that these past five weeks have gone by so quickly, though at the same time there is a lot of energy around, all the batteries got charged by this great experience. It's been a different kind of intensity, though, than the round-the-clock one that we usually experience at seminars. However, the intensity of this twice a week happening, on Tuesdays and Fridays, reached right down to the roots of our daily lives, shaking the edges fencing in our primary processes.

The lack of daily contact, due to the schedule, gave the participants the need to get closer to each other, to create an atmosphere of confidence and openness. Some noted this as a disadvantage, especially at the beginning; others preferred this type of setting which allowed them to withdraw and also do the things they needed to do. The group seemed to be heterogeneous at the very beginning, too. There were 18 participants, about half of them POP students, and the others brought experience from other therapies (Gestalt, dance-therapy, bodywork). At the end of the course, it seemed to me, that we were a colorful, enthusiastic group. We felt free to share feelings, bring out our needs, and have lots of fun too!

The group's situation was mirrored in our environment: the house on Etzelstrasse was in the midst of renovation. When the course started, there was just one available spot, our seminar room. All around was chaos; bits and pieces of building supplies were lying around, freshly painted walls, doorframes and window sills, vapors of varnish and thinners floating in the air. We felt scattered by secondary processes trying to invade and overcome us, mainly through the hearing channel: drills, saws, earthquake-like hammering from beneath us.

As the group got closer the hammering diminished and at the end ceased altogether. The cold cement floor in the hall disappeared under a layer of soft carpet - a feeling of harmony and warmth, inviting us to sit down and meditate, and also to take off our shoes and dance around wildly!

The following are some of the many comments heard about the course: "The best group experience I ever had." "I learned so much about myself." "I felt so much support to go into whatever came up." "I got more selfconfidence." "I got very useful tools to work

with my clients." "What I have learned I am already applying in my practice, and it just works!!" "What a great chance to get to know process work by experiencing its versatility and fluidity." "Process work is a very effective method with which to work."

Some suggestions were also made to "speed up" the group process at the beginning: a planned social event as an introduction, a weekend seminar at the beginning (with all the teachers present), longer breaks - gossiping time should be included in the schedule, and be respected by the teachers too.

The schedule of the course consisted of 6 blocks of 2 hours for each class: (Process Theory, Movement, Supervision, Bodywork, Jung and Visual Archetypes, Working on Yourself Alone). What seemed to be rather heterogeneous units at the beginning, turned out to be something like facets of one great crystal towards the end, or as someone said, "there was a thread through all of the teaching as well as through the individual processes of the participants."

Two teachers dealt with each block, giving us a good chance to get to know and work with almost all of the POP therapists and experience how they really dug into the material and worked hard to give us well structured and also very personal teaching. "A great combination of practical work and theory," as someone remarked. Everybody appreciated the emphasis put on communication, perception of signals, awareness of the field aspects of the work, especially with the aid of video analysis. An interesting aspect was to observe how the teachers dealt with the not always easy situation of having to share a class, and how their relationship was somehow reflected in the interactions between members of the group.

Everybody agreed that Working on Yourself Alone was a very important part, a new experience for some students, which proved to be of great personal support. Most of us felt that there should have been more relationship work, especially at the very beginning, maybe as a separate class, as a possibility to clear up relationship problems as they came up, and not only to work on them at the end of the course. And what about this process of not having enough time??? There were many thoughts and feelings about it: "The course in general was too short." "The goals set by the teachers can never be reached within this

LIFE AT THE EDGE:

THE JOYS AND PAINS OF PROCESS

by Joe Goodbread

One thing about process work is that people really seem to love doing it. From both sides. People want to start doing process work, and they want it done with them. Process work is getting popular, people are anxious to get a place in the next seminar, things are really cooking.

And yet, in these short, grey winter days in Zurich, I will often run into a friend who will complain that it all seems too much. If it isn't upcoming exams, it's a master's thesis or a doctoral dissertation. If it isn't academic work, it's getting up the courage to jump in and start doing seminars. And if it isn't doing seminars, it's that nagging feeling of incompetence working with couples, or seriously ill people, or working through a really awful relationship problem, or...

— So you ask more about this... what exactly is getting them down? There is always one more thing to do, one more edge to cross...

Well, that's beginning to sound familiar to me. Edges, edges...oh yes, that's just what I can't do, but now somehow my dreams, or some body symptom or other is indicating that I'd at least better start finding out what's keeping me from doing it.

And so it goes. This is the side of process work which makes it at once so exhilarating and at times unbearably painful. To really do process work means to continually live at the edge of what you almost cannot do. And when you make a relationship to that, there is always something else. It never ends.

Sometimes, when I'm sitting in front of my word processor on a Sunday afternoon turning out a lecture or trying to work out some new research ideas, or writing letters to friends and associates in the United States, or when I'm working at difficult relationship stuff at 2 o'clock in the morning, I sort of wish that I'd gotten into some line of work which would let me watch TV on the weekends and sleep at night. But only sort of.

CONTINUED ON PAGE 10

NETWORKING

by Jean-Claude Audergon

The primary intention of networking is relating and, through that process, evolving. The means to do that is to be honest and to work for a "higher" goal, community welfare. The secondary process which seemingly keeps that goal from happening is unprocessed individuality. Each participant in the network believes indiscriminately in his or her idea as the solution for whatever problem the community has. This identification with ideas is called ideology. This need for individuality manifests itself in the desire to stay independent and to be respected. Between those two contrary desires, networking gets stuck and stays stuck.

We all know the effect when somebody gets possessed and screams for revolution his or her way. Nobody wants to listen and everybody fights for his or her own ideas. Whether that networking is called political, where ideas are fought for in a polite but devious manner and personal aspects have no place, or whether that networking is called being truthful and done in a self-assertive way by standing up and stating beliefs boldly, does not really make much difference, for the same pattern keeps repeating itself: cycling with no change. It is the pattern of any block, to be observed typically in the individual as well as in any bigger field one studies. It is an unconscious identification with one part and the splitting off of other parts. The same process happens when psychologists unconsciously identify with the ideas of psychotherapy and hence confuse their self with the idea. This ideological warfare can begin in each of us. Process-oriented psychologists are inclined to be unconsciously identified with the ideas of process work and thereby split off other parts. All of us tend to identify with the ideas that fascinate us and are important for our individuation as well for the field we are in. I've encountered this unprocessed identification in therapy frequently and the result is one-sidedness, splitting up and cycling. The unconscious belief that we are the idea because we have the idea creates hell and havoc all over when not processed. It rightly awakens negative

reactions from the split off part in us as well as from those who represent them outside of us.

Processing this identification with ideas allows each of us to find out more about ourselves - and that is an idea I'd love the readers to test for themselves. If you, for example, feel process work is the best there is, how about taking that idea to the person you feel ought to know about it and process it with him or her by consciously identifying with that idea. Instead of saying "process work is the best," identify more consciously with the idea and say, "I'm better than you," and then watch your partner's feedback. You might find out how relieving it is to be a foolish person who does process work. It happened to me several times, once when I was very stiff, wanting to be a good process worker in front of peers from other schools. During the work with someone, my pants split open and my underwear showed. I processed that by exposing myself more as a regular asshole. I felt like a normal man again. How about trying this with your friends and foes in psychology? Also feel free not to do this, because this idea might not be your individual solution to the problem. Giving one solution to a many-faced collective problem handicaps networking.

Networking, in this context, is a concept resulting from people's needs to communicate, exchange, come closer, learn, evolve and still stay independent and individual, Arny discusses this relationship between the field and individual in terms of channels. The world is a channel for an individual process and each of us, by way of becoming an individual, functions as a channel as well. We do so by processing the information coming through us in our given roles.

All of us in POP have the wish to get to know ourselves better individually and as a collective, in spite, and maybe because of all that separates us: oceans, continents, time, interest, etc. We are all trying to do something to bridge the gaps in our communication. I want to thank each one of us who is trying and who, through his or her work and endeavors, keeps

the flow going. It is not easy and it also takes simple, brute work. Thanks to all of you who make it possible for us to be in contact through your work:

- to you who make this newsletter
- to you committee members who keep giving, heeding and nursing the impulses coming from far and near for POP's growth in this world
- to you in the States for giving your best in the field to get seminars and interest going and growing
- to you who give seminars and classes and lectures
- to the groups that are forming all over and are going through the pains and joys of birth
- to the USA and CH grandfathers for their collective and individual work
- to all process students here and afar who are going through the hell and fun of becoming a process worker
- to you who have done and are doing immense amounts of administrative work without which we could not function ~~and a big, warm hug and kiss~~ to Arny for keeping us all on our toes with his love for life and formulating it in terms of processes.

All of this growth has been possible because people have been putting an immense effort into communication and coordination against the odds of time and distance on one hand and conflicting demands on the other. Processing the conflicts wherever and whenever keeps that process going. So I'd like to encourage us, when we sometimes feel neglected or when we do not hear from one another, to keep on trying.

A concrete result from this is that the US grandfather's assembly decided in August to have an information coordinator in Denver for all the different centers of activity in America and to facilitate contact between the US and Switzerland. The coordinator is Suzanne Springs at 2265 Ivy Street, Denver, Colorado 80207. She is organizing a toll-free number where interested people can call to get the latest information about activities, seminars and POP therapists in the States. We look forward to the evolution of networking through this system as well as through our own individual local methods.

pop day center

PROCESS-ORIENTED
DAY CENTER PLANNED

by Katherine Ziegler

Plans are slowly forming for a Day Center to be operated at the Etzelstrasse 10 house for clients who could benefit from a structured environment, intensive therapy, group experience, and education in applying process-oriented concepts for themselves in their daily lives. Clients will meet with their therapists 2-5 hours a week; attend classes in Working on Yourself Alone, Relationships, Process-Oriented Psychiatry, Art, Movement, and Process Theory; cook and eat lunch with other clients and facilitators; take part in group outings and sports activities. Each client will have a "buddy" or two, a contact person/social worker to help him or her deal with the outside world (housing search, etc.).

If the client's therapist is a candidate student, he or she and the client will have a joint weekly supervision session with a POP-Diplomate therapist, which the buddy may also attend if this seems indicated. A 24-hour on-call service, (wo)manned by mature and experienced POPpers, will also be available. The Day Center staff will not have a medical or psychiatric component, being basically educational; we will work closely with clients' own doctors and/or psychiatrists. Costs to the client will run between fr. 140.-- and fr. 200.-- per day, depending on how extensive the client's individual program is.

The Center coordination team are Jean-Claude Audergon, Urs Büttikofer, Madeleine Ziegler, and myself. Anyone with questions, suggestions, or clients to refer is warmly invited to contact any of us. Madeleine has recently circulated a list of potential buddies (and others who want to take part in the Center), so therapists can begin choosing people they think their clients might get along with.

Besides filling a real practical need in the Zurich area and expanding the range of practice of POP therapists, we hope the Day Center will offer a fertile field for process-oriented research. This is an exciting project: we expect it to be challenging, maybe hair-raising at times, and a lot of fun!

WHAT'S NEW IN TRAINING

With the acquisition of our new house, training in POP has expanded in both feeling and scope. Students now have a room to work in, use of video and are planning a library for books, theses and dissertations and videotapes and a student fee has been established to finance it all.

The building is not the only sign of POP's recent growth. Our course listing for Winter Semester cites over 50 courses, taught by both graduates and students, covering such diverse areas as Tai Chi, Acting, Religion, Sex, and of course, on a more conservative note, less radical courses such as Global Processes and Video Analysis.

The house on Etzelstrasse has been filled not only with people, gossip, and activity, but also with drills, hammers and loud workmen. Classes are held during the day, and every night of the week except Saturday. Rumor has it that even on Saturday evening POP students can be found in front of the TV studying video. (In an unofficial survey, the favorite tape is a toss up between a certain knock down, drag out fight at the last relationship seminar and Rambo II: Firstblood). It's beginning to look like a real school.

One thing that's unique about our program is the involvement of both students and teachers in all levels of planning. On October 26th, 25 students and teachers met for the bi-annual training program meeting. What a scene we had! Speaking about educational issues

brought up a lot of feelings and relationship problems in the background. It is unusual to be part of an organization that has the ability to process feeling problems in a constructive way on such a large scale.

One of the discussions of that meeting concerned the organization of the first set of Phase II exams. In these exams the practical dimensions of the candidate's work are examined. Candidates are expected to work not only with individuals but with couples or families, people in extreme, psychotic or borderline states and people who are physically ill or dying. Another unusual aspect of our training is that throughout the program students are supervised in front of a group. This is also the case for the final exams: the student must actually work in front of a group of examiners and fellow students. Furthermore, students must demonstrate their ability to work on themselves alone, an unusual, but very practical and necessary requirement.

For the first time the Phase I theoretical exams will be given in America this summer, during the West coast Intensive Course. This 4 week course will be the first of its kind given in the USA and will have a two-track system for 80 students: approximately 40 intermediate and 40 advanced students. The first German Intensive Course has been successfully completed and the second English Intensive Course will take place in January-February 1987. Training has really taken off!

by Dawn Menken, Jan Dworkin
and Julie Diamond

-NOTICE-

STUDENT ROOM AND VIDEO:

We have a student room at the Etzelstrasse house where students can work and where all of us can watch video. There is a sign up sheet on the door of the room for both the room and the video.

VIDEO RENTAL: 3 frs. for students and group practice members and 6 frs. for members. The money is used for upkeep and maintenance, and payment is on an honor system.

Remember! The video plays U.S. and European tapes, but ONLY U.S. tapes recorded at normal speed, no EP or LP tapes!

LIBRARY

The students are setting up a library. Please contribute your theses, dissertations, manuscripts, books, video tapes, works of art...

Books are also welcome and appreciated. Why not make a donation in the form of a gift certificate or in memory of someone.

The Helping Relationship

by Harsha Adler

Collective consciousness is changing at an ever faster pace and this change is remarkably mirrored in the trends that color the helping relationship. Therapeutic skills are constantly subject to refinement and synthesized through global exchanges. Have you measured the distance that separates us today, when personal transformation is practically available on a democratic basis, from the model of the good Samaritan, as it was understood in the 19th century? Have you mused about the ordinary person's expectations when he/she goes to consult a therapist for help? And what about our own inner "ordinary person," our inner child hoping for the promised land? We have selected a few examples, partly verbatim, to give you a brief overview on the most sophisticated approaches ranging from provocative therapy to deconditioning process science.

Let us imagine a client with a problem of obesity. This person consults Frank Farrelly, a specialist in short-term problem-solving through provocative therapy. According to him, a source of change can be found in the therapist's attempt to change the client's self-concept by agreeing with and leaning heavily and humorously on the negative characteristics that the client attributes to himself. Entering the office, the client asks shyly: "Can I speak to you, Mr. Farrelly?" Without offering him a seat, Farrelly yells: "My God, the Goodyear blimp has slipped its moorings..." The light side of this form of therapy is involvement with humor. The therapist must be able to laugh at himself, his foibles, beliefs and life style, to demonstrate that it doesn't destroy him.

Ericksonian hypnotherapy is another fascinating style which implies fast change and solving problems without spending time in finding out what treasures the problem carries in terms of individuation. The client's life has reached an impasse and the therapist facilitates change that allows life's flow to continue within the mainstream of contemporary Western society. From Milton Erickson's teachings, we selected the following example. After taking the history of a woman with a problem of obesity, he asked her two important questions: "How tall are you and how much do you weigh?" Client: "I am four feet ten inches tall and weigh 260 pounds. I am a plain, fat slob and nobody can see me without disgust." Erickson:

"You are not a plain, fat, disgusting slob. You are the fattest, homeliest, most disgustingly horrible bucket of lard I have ever seen and it is appalling to have to look at you. But you do need help ... Go to a library and read books that tell about how women and men disfigure themselves, tattoo themselves, mutilate themselves to look even more horrible. Spend every hour you can at the library and come back in two weeks ... two weeks of obsessive thinking about the reasons why you are overweight.

The client continued this uncommon therapy for six months, with hard learning assignments, to just find out why she should weigh so much, and then another six months studying fashion, cosmetology and aesthetics.

You might never think of Siddha Yoga as psychotherapy, and particularly not as provocative therapy. We have the following true story to

offer. A portly and dignified gentleman, who had been in the perfect relationship with a picture of Yogananda smiling at him night and day, had heard of Swami Muktananda and was eager to pay homage to the famous saint. As he was standing in line, waiting to bow down in front of the master for that unique intimate moment of recognition, deeply immersed in holy reverie, he heard a loud voice shout: "Hey fatso, when are you going to lose weight?" We unfortunately ignore whether he was instantly "cured" or needed a follow-up for integration with one of the young swamis who serve as teachers and mediators.

How does the process worker situate him/herself in this line of thought? Is he the Samaritan, the outcast, who pours oil and wine on the wounds? Process science promises nothing and embraces all approaches, the paradox as well as the flow, caring working-through the many layers of a problem. It offers teaching through stories and humorous challenges. It may trick the client into understanding and lay bare the neurotic pattern with role-playing. It facilitates solving a problem fast and at other times it will use amplification of what is in the moment. It operates on the basis of a principle that unites age-old wisdom with quantum physics, i.e. every event in the visible world is the effect of an image. The ideal process worker has no one approach: innocent, unself-conscious and purposeless, he lets himself be guided to the appropriate intervention by the process itself in a truly client-centered approach as multilevelled as the human soul.

CONGRATULATIONS

to:

Renate Ackermann
Lane Arye Meret Fankhauser
Ruby Brooks Arlene Motulsky

for successfully completing
the PHASE I EXAMS!

Please send all POPCORNER
contributions to Dawn Menken,
Hopfenstr. 19, 8045 Zürich

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

INTERVIEW WITH: THE DOCTORS IN POP

by Dawn Menken, Jan Dworkin and Julie Diamond

Process-oriented ideas are quickly spreading into the medical community. This issue of POPCORNER concentrates on the growing number of interested medical doctors who are members of POP. We have interviewed four doctors, Ernst Keller, Martin Vosseler, Brigitte Berweger, and Erwin Lichtenegger.

Ernst, a doctor of internal medicine, has a group practice in Bern. Ernst chose to work in an environment where the relationship to the client is important, as opposed to the diagnosis and treatment of a disease. He gives no x-rays, has a very small lab, and works both with classical medical and psychosomatic concepts.

Martin, also an internist, is in private practice in Basel. He works most often with patients with psychosomatic complaints. Martin has just recently given a lecture on process oriented concepts of medicine to the general assembly for the Swiss Association of Psychosomatic Medicine. The response was enthusiastic and some of his colleagues are now beginning to show interest in process concepts.

Right after Brigitte finished her medical training as a general practitioner, she worked for a short time in a GP's practice, then in Bärholzi, and finally set out to Peru where she worked and lived for 5 years. Brigitte returned to Zurich to start a family, but then found herself in a crisis between having a medical career or a

family. Her association to POP is bringing her back to her identity as a doctor in a new way.

Erwin is currently doing his residency at a private psychiatric clinic where he has ample opportunity to work psychotherapeutically with extreme and psychotic states. Erwin is presently engaged in implementing process concepts and methods in a psychiatric setting. In contrast to many other psychiatrists, he has the opportunity to be experimental.

Already during their medical training, these doctors were searching for different paradigms of health. While still in school, Brigitte found that the concepts of classical medicine simply did not work, but she didn't know why. "The fact that health is defined as not having symptoms does not work in reality because everyone always has symptoms," she said. Both Martin and Erwin had already experimented with various schools of psychology during their medical school years. Neither believed that medical concepts were enough. Psychology and medicine were, according to Martin, "never a contradiction. The two approaches could complete each other."

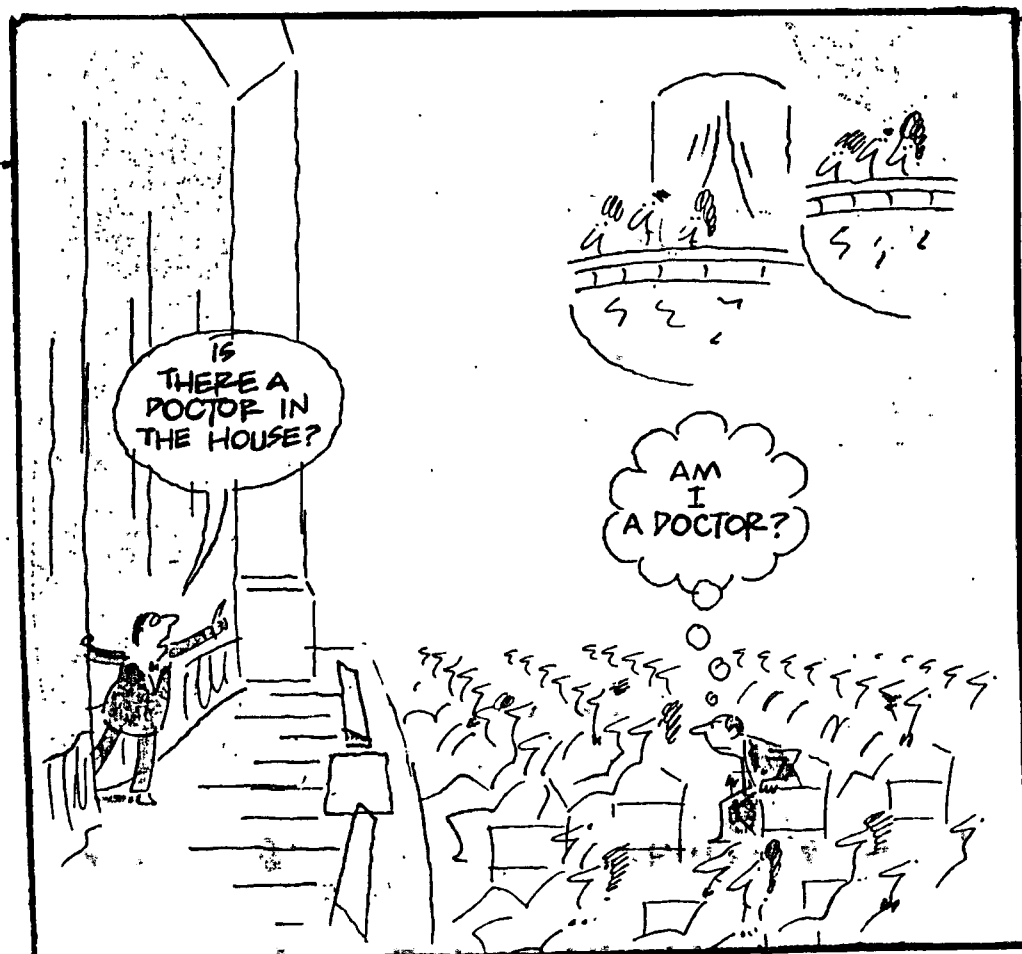
Where is the overlap between process work and medicine? Each of these doctors have a different way of implementing process work in their practice. Erwin finds that POP's ability to work with extreme states is very useful for him in his work with psychotic patients. POP

concepts have completely changed Martin's relationship to his work. "I got much more energy and was less tired," he told us. "I lost all ideas of ending my practice at age 40." It is easy for him to make psychological interventions. "I can already start during the physical exam. If the patient feels a pain we amplify it. I am surprised how willing most are to go along with it even though it is something new. ... At some deep level they feel more understood than with the classical approach."

Ernst says that he applies the final aspect in working with body symptoms. He has found that "symptoms that have been a burden can suddenly become valuable." Ernst follows the client's needs. "When someone comes with a complaint I try to face it on two levels. I want to know the medical diagnosis and what process is happening."

The exchange between medical and process concepts is a reciprocal one. All the doctors agree that process science can stand to learn from the problems confronting doctors today. "POP people should understand the psychiatric conditions behind administering medication. Psychiatrists give medicine not because they are stupid, lazy or mean but because there is not the personnel to handle 20 patients with heavy processes in one wing. It is more of an economic than a philosophical problem," says Erwin. Ernst suggests that in order to reach the medical community, POP psychologists need to "document somatic

CONTINUED ON PAGE 10



real needs

DEE'S NEEDS:

Dee has gone over her introverted edge and has a telephone: 910.44.51.

FOR SALE

Beautiful summer and winter clothes.

Bookcase, Desk Lamp, Spice Rack, Cutting Board, Books, Wall Furniture, Painter's Easel, Bedroom Set. If you are interested call Dee at 910.44.51.

Dee offers the following. If you are interested contact her at tel. 910.44.51.

THERAPEUTIC MASSAGE

By appointment only, combining techniques from Swedish, Chinese, Deep bodywork, Relaxation, Jin Shin Do.

DREAMBODY MASSAGE

By appointment only.

THERAPEUTIC HOURS

By appointment only.

YOUR AWARENESS NEEDED FOR HELP

We are looking for a place to live in Zurich. We, that is:

-Brigitte, a POP student, wants to live as close to Etzelstrasse as possible.

-Samuel, five and a half years old, VERY wild, needs space indoors and outdoors for his noisy activities.

-Sarah, two and a half years old, loves trees, flowers, animals.

We need about 4 rooms, can pay up to a good average price. Let us know if you perceive any signals of anything that might be suitable for us!

Brigitte Berweger
tel. 031/ 59. 07. 17

I'm planning to make some more "black box" cushions (like Arny's). If you are interested in ordering one (or more) please contact me. Debbie Schüpbach, 052/ 224 789.

ENGLISH LESSONS TRADED

I would like to trade English lessons for Swiss German lessons. I am an American with a University degree in English.

Ich offeriere Englischstunden für Deutsch oder Mundartstunden. Ich bin ein Amerikaner mit einem Universitätsabschluss in Englisch.

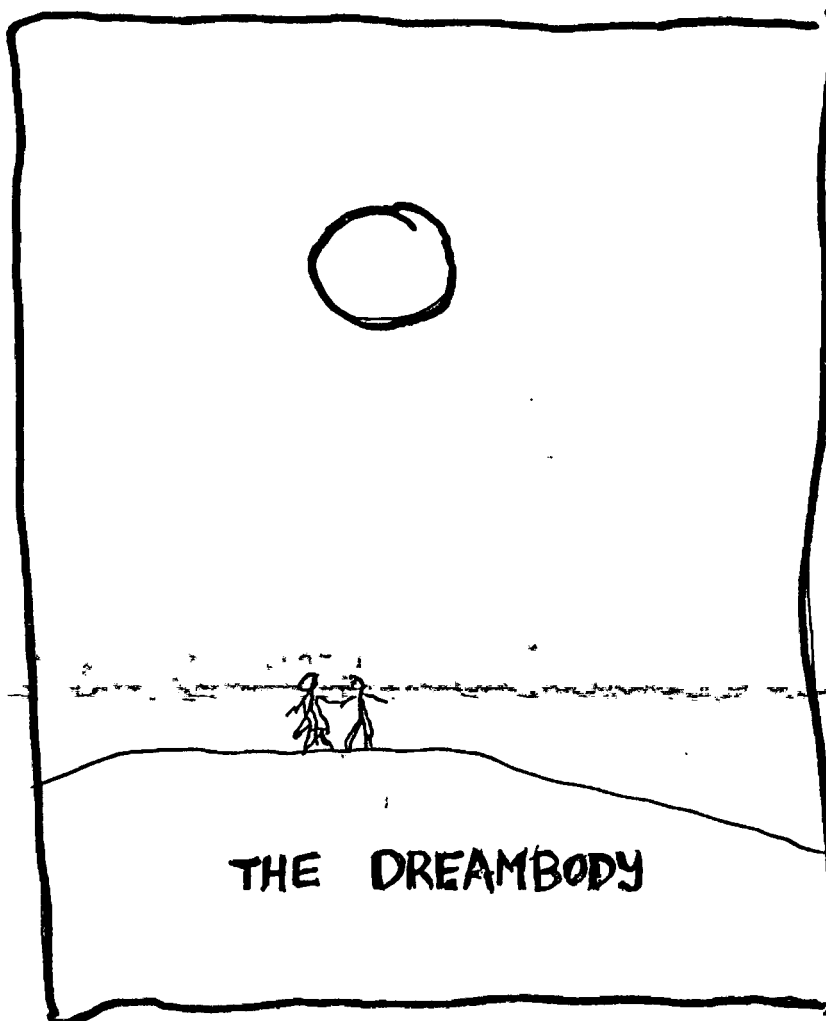
Lane Arye
Zurlindenstr. 299
8003 Zürich
tel. 491. 35. 83

DREAMBODY - DREAM

after a discussion with Jean-Claude about what we could and should do to get some publicity for the German edition of Arnys book "Dreambody" I had this dream: there was a huge ad in the biggest Swiss newspaper (Tagesanzeiger) covering a whole page: a beautiful picture showing two people travelling towards the light but only in outlines and in soft colours. Below there was written: "THE DREAMBODY" and in small letters the name of the Person, who had put the advertisement there (Christian Morgenthaler)*. Nobody of us knew this man - his support and enthusiasm came just from outside as a gift! I ran to tell Jean-Claude and now to tell you: isn't that great?

Ursula

(*as his ad shows, he is apparently a person with much feeling)



births and deaths

Congratulations to the following for making it into the world:

- Andri Alexis Audergon, born November 1, 1986.

- Barbara Croci's master's thesis.

- Julie Diamond's lizentiatsarbeit.

shadow of the month

DO YOU KNOW.....?

- which PhD dissertation is being delayed by uncontrollable proprioceptive experiences keeping the author in bed longer than usual?

- which POP member has numerous Swiss bank accounts containing undisclosed amounts of POP member's money?

- which young POP member spent the last supervision class locked in the bathroom?

- which ex-hippy POP student was assaulted by a Swiss bus driver when he violently and single-handedly tried to stop the bus in order to board?

INTERVIEW

CONTINUED

symptoms and their course very accurately by researching the long term effects of psychological interventions."

Some doctors view their stance between the two disciplines as crisis and others as a challenge. "Sometimes I have a lot of doubts about my role as a classical doctor or as a psychologist," Ernst states. "I am trying to find a place for myself between the two paradigms. I notice that when I am with medical people I take the side of psychology, and when I am with psychologists I become the medical doctor." Brigitte sees her role as a doctor in a new light and is in the process of "preparing myself to bring POP to the medical community. That's a future phase for me."

Most of the doctors find few limitations to the POP paradigm, in that the paradigm encompasses all kinds of processes. "Sometimes the process could entail surgery," remarked Brigitte. Ernst finds it difficult to speak of POP's limitations because everyday he is confronted with his own edges, and must first examine his own limitations. Martin emphasizes our need to learn more about the long term effects. "Process work is not a miracle, but the beginning of a long term process."

If POP continues in this direction, our contact with the medical profession will increase dramatically over the next few years. The doctors interviewed are already aware of this trend. The need for psychological interventions in medicine is larger than ever, especially in the face of the apparently inexplicable chronic symptoms and pains that people suffer from.

INTENSIVE CONTINUED

period of time." There was not enough time at the end of the day to "clean up" hanging processes. "There was not enough time for practical work, especially for specific training of a given unit of theory." Some also wished for more work to be done in the group as a whole (e.g. a teacher working with a student in front of the group).

It was clear to all of us that the course was such a success that it definitely calls for follow ups! We suggest advanced courses, again as blocks of 1-2 days a week for several weeks, 1-2 blocks a year, continuing the given classes, including a class on Working with Extreme States, as well as the recommendations noted above.

Some of the students plan to form triads where they can work together and keep up with the new experience. I feel that we all, after having got a real taste of process work, want more of it! —A— "thank you very much" to everybody who has contributed to this challenging and thrilling experience.

★ ★ ★ ★ ★ ★ ★

there once was a house on
etzelstreet

which was quiet and swiss
and sweet

some poppers moved in

bringing fights fun and sin

now our name is no longer

discrete

★ ★ ★ ★ ★ ★ ★

LIVING AT THE EDGE CONTINUED

It seems to me that process work is not only a profession, it is a life style, and it is a life style which at its very roots is different from the common sense approach to life. Where we might seek security, we find ourselves moving away from the known and into the areas where we must once again learn to trust ourselves. Where we might seek comfort, we find ourselves called upon to tackle impossible tasks. There is always something new to learn, some unknown territory to test ourselves in. Arrrgggghh!

But can you think of anything more exciting? I wouldn't trade it or anything else in the world.

MANY THANKS TO THE CONTRIBUTORS

Harsha Adler
Jean-Claude Audergon
Brigitte Berweger
Joe Goodbread
Ursula Hohler
Arny Mindell
David Roomy
Sonja Straub
Kathy Ziegler

PERFECT MASTERS

FIGHT IT OUT

Who has the most Rolls-Royces? The cutest disciples?
The longest beard? The nicest swimming pool? The best
lawyers? The biggest landholdings? The spiffiest outfit?

