AHP:
325 Ninth Street, San Francisco, California 94103
(415) 626-2375

Los Angeles Information:
(213) 822-1091

CREATING CHANGE: Your Self, Your World

Association for Humanistic Psychology
INSTITUTES, AUGUST 26-28, 1981
ANNUAL CONFERENCE, AUGUST 28-SEPTEMBER 1, 1981
POST-CONFERENCE COMMUNITIES, SEPTEMBER 1-3, 1981 UCLA

PROGRAM

SCHEDULE

AUGUST 26 WED.	27 THURS.	28 FRI.	29 SAT.	30 SUN.	31 MON.	SEPTEMBER 1 TUES.	2 WED.	3 THURS.
Pre-Conference Institutes (34)			6:30-7:30 Morning Meditations (12) 8:30-11:30 Theme Communities (13) Field Activities			9:00-11:30 Closing Plenary (11)		
		12:00 pm-8:00 pm Registration (6)	11:45-12:45 Luncheon Meetings (33) 1:00-3:00 The Forum, Workshops (16, 23, 29) 3:30-5:30 Conversations, Workshops (19, 26)		Theme Communities Closing (32) 6:00-8:00 Picnic (10)	Post-Conference Communities (36)		
		7:00-8:30 Gathering 8:30-10:30 Opening Plenary (9)	7:30-9:30 Mini-Plenaries (9) 10:00-12:00 Dancerama Films (10)	7:30-8:30 Not-So-Silent-Auction (33) 8:30-11:00 Presidential Evening, Concert (10)	8:30-10:30 Mini-Plenaries (11) 10:30-12:30 Music, Dance, Films (11)			

*Numbers in parentheses refer to pages with additional information.

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- Hospitality Area, Body and Soul Center
- Clothing
- Cultural and Recreational Facilities
- Children's Conference
- Daycare/Childsitting
- Credit

9 SPECIAL EVENTS

Friday:	The Gathering Opening Plenary Session
Saturday:	Mini-Plenary Sessions Dancerama Films
Sunday:	Not-So-Silent Auction Presidential Plenary Session Al Chung-liang Huang and Paul Winter Concert
Monday:	Dinner Picnic Mini-Plenary Sessions Music, Dance, Films
Tuesday:	Closing Plenary Session

12 MORNINGS
- Meditations
- Theme Communities
- Field Activities

16 AFTERNOONS

Saturday,	1:00-3:00 pm: Workshops, the Forum 3:30-5:30 pm: Workshops, Conversations
Sunday,	1:00-3:00 pm: Workshops, the Forum 3:30-5:30 pm: Workshops, Conversations
Monday,	1:00-3:00 pm: Workshops, the Forum, Conversations 3:30-5:30 pm: Theme Communities Closing

33 OTHER EVENTS
- Paul Winter and the Winter Consort in concert with Al Chung-liang Huang
- Film Program
- A Gallery Show: Natalie Rogers
- Luncheon Meetings
- AHP Not-So-Silent Auction

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- Children's Conference
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THE PULSE OF CHANGE

Rushing out of our hearts with purpose and vision
Bursting into form—then formlessness
Pausing to reflect, to collect, to renew
Only to burst forward again
Like bright experienced children
With fresh creative energies
New plans and new cohorts
Keeping the focus without being attached to form
Living the theme, not just talking about it
CREATING CHANGE YOURSELF, YOUR WORLD
CREATING A CONFERENCE—
THE LOS ANGELES PLANNING COMMUNITY

Jeanne Segal
Robert Segal
Jaelline Jaffe
Carol Briseno
Donald Leon
Elaine Albaum
Jerry Diamond
Bruce Whizin
Victor Herbert
Ed Elkin
Riley Smith
Will McWhinney
Tom Drucker
Helen Janiger
Jim King
Daisy Spiegel
David Franklin
Golda Sirota
Bluma Shuchatowitz
Anita Goldstein
Kitty McGlothin
Dave Martin
Betty Anne Field
Alice Eldred
Judy Gortikov
Marilyn Murphy
Keiko Matsura
Olive Pemberton
Nathalie Prettyman
Steve Wolf
Lynne Ericksson

We invite you to join the EXCITEMENT
the challenge
the beat
the pulse of the conference
the pulse of change

Photography by Lynne Ericksson and Robert Segal; Montage by Lynne Ericksson

INFORMATION

THIS PRINTED PROGRAM
This Program provides a detailed description of the activities planned for AHP's 19th Annual Conference. Please bring it with you to UCLA. A Program Supplement, available at the on-site registration area, will specify the location of each activity, explain last-minute program changes, and provide a detailed map of meeting locations.

PHONE NUMBERS
UCLA Campus Activities Office: 213-825-8981, Royce Hall #310; UCLA Conference Housing: 213-825-5305, Rieber Hall; AHP Office, Staff and Volunteers: this number will be printed in the Program Supplement.

GETTING TO UCLA
By Car—From the airport take the San Diego Freeway I-405, northbound; exit and go east on Sunset Boulevard. For Rieber Hall, dormitory and residential suites, turn right at Bellagio (marked with an X on the map on page 51), bear right and go about 1/3 mile. For Ackerman/Royce, the registration area, take the next campus entry on the right (marked with a Y on the map) and ask for parking lot 5.
By Taxi—Taxi will cost about $15, including tip from airport. Rates are $1.00 per mile plus $1.30 flag drop.
By Limousine Bus—There is no scheduled service to Westwood/UCLA.
Public Transportation from the Airport—Take Minibus 206, which runs in seven minute intervals, to the transfer point at 98th and Vicksburg, just outside the airport. You must have exact fare, 85c, and ask for a transfer. Transfer to Bus 88, Eldridge and Kagel Canyon. There is an additional fare of 30c, and you must have exact change. It takes approximately 30 minutes to get to Westwood/UCLA. Bus 88 leaves approximately five minutes before each hour. The last 88 bus leaves the airport at 11:59 pm.

If you choose to go first to Rieber Hall to check into the dormitory, disembark on Sunset Blvd. at Bellagio, after circling the campus. Rieber Hall is 1/3 mile south from the bus stop, about a ten-minute walk. On Friday and Saturday we expect to have a vehicle to meet each bus.

If you choose to go first to Ackerman Hall to register, disembark at Westwood Blvd. and La Conte Avenue, marked Z on the map on page 51. Ackerman is about 1/2 mile north on Westwood Plaza.

There is no transportation on campus between the dorm area and the major activity center at Ackerman. Walking briskly takes about ten minutes; 15 minutes at a leisurely pace. For those with ambulatory problems, a car can circle around to the edge of Dickson Plaza and can park there with the necessary permit.

For detailed bus schedule information call Los Angeles-Southern California Rapid Transit District, 213-626-4455 or 781-5890; or Santa Monica Municipal Bus Line, 213-451-5445. Bus 3 goes from the airport to UCLA via Santa Monica.

REGISTRATION
On-site Registration Hours—
Institutes: Wednesday, August 26, 8:00-10:00 am
Thursday, August 27, 11:00 am-1:00 pm
Friday, August 28, 8:00-9:00 am
Conference: Friday, August 28, 12:00 noon-8:00 pm
Late Registration: Ackerman Hall
Post-Conference Communities: You may register anytime throughout the Conference in Ackerman Hall. Everone participating in a Post-Conference Community must have a name badge.

On-site Registration Materials—When you register you get two important items; one is the Program Supplement. You will also get a name badge which serves a dual purpose. It helps other people remember your name and it serves as your pass to all Conference events. Monitors and UCLA staff are instructed to admit only people wearing a name badge. We ask that you wear your name badge at all times.

HOUSING, MEALS AND PARKING
Campus Housing—The deadline for reservation of campus housing is July 27, 1981. If you haven't preregistered for campus housing by that date, there will be no on-site registration. Direct all inquiries to UCLA, Conference Office, Rieber Hall, 310 De Neve Drive, Los Angeles 90024; 213-825-5305.

Campus Housing Check-In—Those who have reserved campus parking will have received their parking permits with their room confirmation from UCLA. Bring your permit with you and go directly to the lot indicated on your parking permit. Refer to the campus map for location of lots. Check-in time for the Residential Halls/Suites is after 3:00 pm. The front desk is open 24 hours. Check-out time is prior to 12:00 noon.

Meals—Cafeteria-style meal service for breakfast and dinner is provided as part of the Conference package for those who have reserved campus housing. Dinner is the first meal served on the day of check-in. Breakfast is the last meal served on the day of check-out. Registrants are on their own for lunch. The Dinner Picnic on Monday is included with the Conference housing packages. Non-campus residents who wish to take part in the Dinner Picnic will need to purchase tickets on site.

Royce Hall, UCLA

Off-Campus Housing—For a guide to local accommodations, contact the Los Angeles Convention Bureau, Visitor Inquiry Department, 505 South Flower, Los Angeles 90071; 213-488-9100.

We have reserved a block of rooms at two nearby hotels. If you wish to make reservations at either, we suggest you do so early and that you mention you are with the AHP Conference, in order to receive the quoted rates. Both hotels are near the campus. **Holiday Inn-Brentwood/Bel Air,** 170 North Church Lane, Los Angeles 90049; 213-476-6411. Special UCLA rates: single, $40; twin $45 plus 7½% tax. Block will be held until August 12. Transportation to UCLA is available. **Bel Air Sands,** 11461 Sunset Boulevard, Los Angeles 90049; 213-476-6571. Single, $60-65; double, $65-70 plus 7½% tax. Includes complimentary limousine service to Westwood, Century City and Beverly Hills. The first night's deposit is due by July 26 for the room to be held.

Non-Resident Parking—With the exception of hourly metered stalls, permits are required in all campus parking areas. If you have not reserved a parking permit, parking information stations, located at each major campus entrance, sell campus parking permits on a daily basis subject to availability. The charge is $2.00 per entry. Public parking is available in lots throughout Westwood Village. There are no facilities for RV units on or near the campus. Off-campus nearby street parking is severely limited and police patrolled.

Central Gathering Place—Ackerman Hall, also known as the Student Union, will serve as our central Conference place. This is where you can find the Hospitality Area, Volunteer Office and the AHP Office.

HOSPITALITY AREA, BODY AND SOUL CENTER

When you first arrive or at various times throughout the Conference, you may want a place to go where you can simply put up your feet, relax and talk informally with others. On Friday hosts from each of the Theme Communities will be in the Hospitality Area. They look forward to welcoming you to the Community and discussing your specific interests. Besides serving as a meeting place, the Hospitality Area will offer . . .

a message board
the book store
a travel board
AHP *Journal* information
AHP Membership information
a take-one display table
the Silent Auction

The Body and Soul Center, in close proximity to the Hospitality Area, can serve you in the following ways:

recharge your energy through massage, Touch for Health, acupressure or reflexology;
provide a space and equipment for people to exchange information and skills relating to their work;
offer information and demonstrations of atlernative self-help skills to individuals and small groups.

Judy Gortikov

Patti Mettler-Whizin

The Center is coordinated by Judy Gortilov and Patti Mettler-Whizin, Los Angeles health practitioners.

CLOTHING

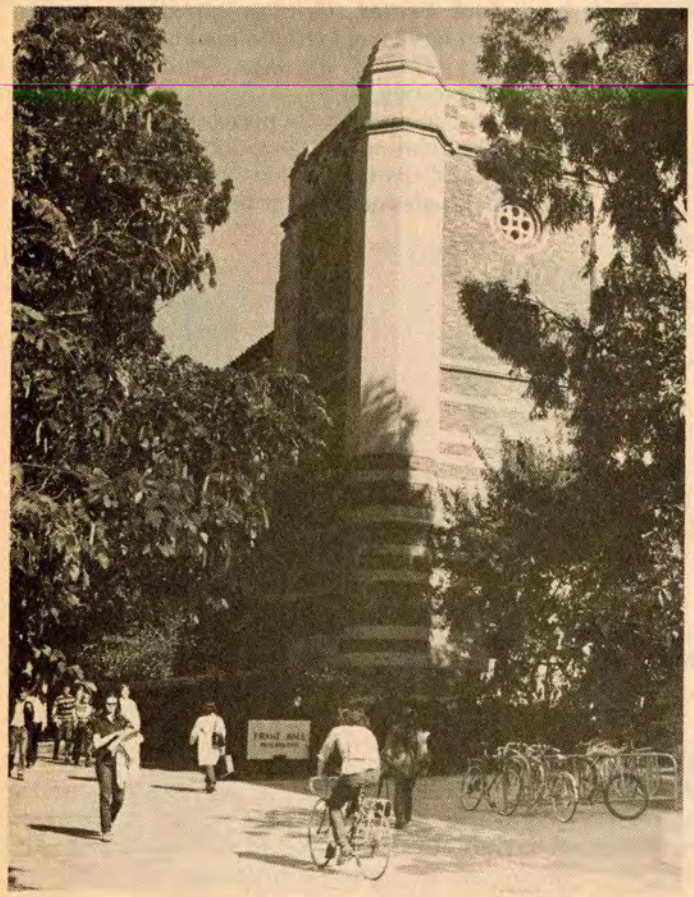
A hallmark of AHP conferences is informality. Many activities include physical movement. UCLA campus is quite spread out, so bring comfortable walking shoes. Late summer is almost always sunny with daytime temperatures in the 80s, evening temperatures in the low 60s.

CULTURAL AND RECREATIONAL FACILITIES
Campus facilities include an olympic-size swimming pool, picnic grounds, tennis courts, the Museum of Cultural History, the Frederick Wright Art Gallery, and the Franklin Murphy Sculpture Gardens.

CHILDREN'S CONFERENCE
Elysa Markowitz is the coordinator for the Children's Conference. This event is for children between the ages of five and 13 and will include a variety of activities, many of them in preparation for a culminating show on Tuesday from noon to 1:00 pm for parents and other AHPers.

The children will create musical instruments, sing songs, dance and build a set for the final production. In addition, there will be hikes, visits to places of interest on campus, quiet time, and a host of other things kids love.

You can pre-register your child(ren) by completing the form on page 55. On-site check-in will be in the vicinity of Conference Registration.



Franz Hall, UCLA

The Children's Conference does not run during the Institutes, Post-Conference Communities or evenings. The hours: Saturday-Monday, August 29-31, 8:00 am-5:45 pm; Tuesday, September 1, 8:00 am-1:00 pm (noon-1:00 pm, Culminating Event).

DAYCARE/CHILDSITTING
Information about extra-fee daycare and childsitting will be available on site.

CREDIT
You can register on site for college or continuing education credit. Look for signs at the Conference Registration table. The locations for the pre- or post-conference meetings will be announced in the Program Supplement. Credit is offered as follows. . .

Psychologist—ten hours of Category A credit, approved by the Standards and Program Review Section of the California State Psychological Association's Continuing Education Committee. Fee: $20. Requirements: Full participation in the Conference and attendance at a concluding seminar on Tuesday, September 1, from noon to 1:00 pm. Participants will be asked to complete an evaluation and will receive a Verification of Attendance.

Nurses—ten Continuing Education contact hours, approved by the California State Board of Registered Nursing, Provider Number 02548. Fee: $20. Requirements: Participation in the Theme Community "Health and Healing: Celebrating Wellness" and other events of the Conference, and attendance at a concluding seminar on Tuesday, September 1, from noon to 1:00 pm. Participants will be asked to complete a Conference questionnaire and will receive a Certificate of Successful Completion.

Other Professionals and Students—
Five quarter or three semester units of graduate or under-graduate credit offered through the University for Humanistic Studies and the Profesional School for Humanistic Studies. Fee: $50. Requirements: full participation in the Conference plus attendance at a pre- and post-conference meeting. The first meeting will be on Friday, August 28, from 5:00-7:00 pm, and the concluding meeting will be on Tuesday, September 1, from 11:30-1:30 pm.

Pacific Oaks, a fully-accredited college, offers up to four units of graduate, under-graduate or continuing education credit. You can obtain one unit for two days of Institutes, two units for the Conference, and one unit for the Post-Conference Communities. Fee: $25 per unit. Requirements: People registering for credit will fully participate in the events selected and develop their own learning contract for an independent project. Projects are due one month after the Conference. A flyer with details will be avaiable at on-site registration, or for further information contact Jaelline Jaffe, instructor, at 213-851-3909.

SPECIAL EVENTS

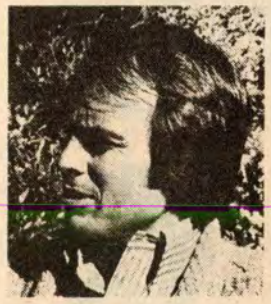
Friday, August 28

George Leonard

7:00-8:30 pm
THE GATHERING: Long Walker Dakota, a traditional Sioux teacher and chief of 56 tribes, will lead an opening cedar ceremony to bring participants together. We approach this ceremony with respect and appreciation for the tradition it represents.

8:30-10:30 pm
OPENING PLENARY SESSION
Jeanne Segal and **Robert Segal,** Conference Program Coordinators, will welcome people on behalf of the Los Angeles Planning Community.

THE INVISIBLE CONSTITUENCY: George Leonard, AHP past-president, will provide an overview for the Conference.


Michael Murphy

Saturday, August 29

7:30-9:30 pm, *EXPLORING DIMENSIONS OF CHANGE*

CHANGES IN SOVIET-AMERICAN ADVERSARY RELATIONSHIP THROUGH COLLABORATION IN HUMAN POTENTIAL RESEARCH
For several years, Michael Murphy and Jim Hickman have been exploring the research efforts in the Soviet Union that relate to concepts of human potential, and they have identified a remarkable symmetry between the Soviet and American interests in this field. They will describe possible avenues for Soviet-American collaboration and speculate on the implications of such collaboration for international relations. **Michael Murphy** is co-founder of Esalen Institute, author, and Director of the Transformation Project, a research endeavor to document the human capacity for supernormal functioning. **Jim Hickman** is a psychologist who specializes in the investigation of extraordinary human capacities. He is Director of the Esalen Institute Soviet-American Exchange Program, an endeavor to encourage dialogue among Soviet and American scientists who are exploring human potentials.

Jim Hickman

HEALTH CARE: BEYOND MEDICINE
Journey through the new landscape of health care, with particular focus on how environments such as the family, the community and the workplace, can promote health. Visits will be made to a model corporate wellness program, a training center for new health professionals, a family-based health clinic, a hospital program for people with life-threatening illness, and the California State Wellness Assurance Program. **Dennis Jaffe,** a faculty member of the UCLA School of Medicine, is Director of Learning for Health, a psychosomatic medicine clinic. He is author of several books, including *Healing from Within*. **Rick Ingrasci** is Health Director of Interface, health editor of *New Age Magazine,* and one of the founders of Whole Health Associates, an innovative holistic health center in Watertown, Massachusetts.

Rick Ingrasci

Saturday events continued

Natalie Rogers

Fred Massarik

Anna Wise & Jym MacRitchie

Bill Bridges

Jacqueline Larcombe Doyle

Paul Winter

THE FEMININE PERSPECTIVE FOR THE FUTURE
Numbers of alternative models for the future are currently being offered for speculation, ranging from post-industrial society to transformational utopias. We will explore what the feminine perspective brings to these speculations; review various models; include personal reflections, intuitions, hopes and fears; and share from interviews and talks with women around the world. Audience participation and insights will be welcomed. **Natalie Rogers** is a psychotherapist, group facilitator and author of *Emerging Woman: A Decade of Mid-Life Transitions*. She is on the staff of the Person-Centered Approach training programs in Italy, Switzerland, Sweden, and co-created a yearly cross-cultural communication workshop in Germany. **Patricia Mische** is editor of Global Education Associate's *The Whole Earth Papers* and author of the forthcoming book, *Women, Power and Alternative World Futures*. **Elizabeth Campbell** is Executive Officer of AHP and a futurist, whose interest lies in developing collaborative models appropriate for global interdependence.

THE AMERICAN FUTURE: NEW VISIONS BEYOND OLD FRONTIERS
We need more than ever a participatory society in which persons of all lifestyles believe that they matter, instead of the escapist culture which absorbs millions into irrelevance. It comes down to moving from a wasteful, privately oriented, self-indulgent existence to a more conserving, caring and disciplined lifestyle. **Tom Hayden,** a 1960s antiwar activist, now chairs the California Campaign for Economic Democracy, a citizens movement that seeks to work within the Democratic Party. His latest book is *The American Future*.

HUMANISTIC PRIORITIES: THE NEXT TWO DECADES—Fred Massarik, AHP past-presidents and others

10:00 pm-midnight
DANCERAMA: Natural dance and music help create an experience and atmosphere which contains elements of a group ritual, discoteque, party and celebration. It develops fun and a sense of our common bond, through a familiar and popular form—The Big Dance. **Jym MacRitchie** and **Anna Wise** are from the Natural Dance Workshop in London and have presented this event at the British, Italian and European AHP Conferences. **David Miles** and **Martine Algiers.**

10:00-11:40 pm
FILMS (see page 33 for details about the film program)

Sunday, August 30

7:30-8:30 pm
A NOT-SO-SILENT AUCTION: A rollicking occasion to bid on goods and services that you'll treasure yourself or love to give to others. All proceeds go to AHP.

8:30-11:30 pm, *THE PASSAGE*
PRESIDENTIAL PLENARY SESSION with outgoing President **Bill Bridges** and incoming President **Jacqueline Larcombe Doyle,** followed by **A SPECIAL CONCERT** featuring **Al Chung-liang Huang** and **Paul Winter**

Monday, August 31

6:00-8:00 pm
DINNER PICNIC: Staged in the large outdoor area of the spacious recreational facilities, the picnic will be enhanced with minstrels, entertainments and miscellaneous treats. Bring your musical instrument.

Monday events continued

9:30-10:30 pm, *MINI-PLENARY SESSIONS*

PETER ALSOP CONCERT: Peter Alsop is a nationally known singer-songwriter who has been described as a "humanitarian humorist". He has produced and recorded four solo record albums and is included on three anthology records, one of which is a widely acclaimed children's album, Silly Songs and Modern Lullabies.

Peter Alsop

THE DIVINE ANDROGYNE: A dance-dramatization of the archetype of the androgyne. The story of the male principle, the female principle, the ego resistance that keeps them apart and the nature spirit that brings them together again. **Anand Veereshwar** is Director of Bodhisattva Arts, a production company dedicated to entertainment as a transformational experience.

A LAUGH-A-THON—Ilana Rubenfeld and **Harold Greenwald**
An evening doing what only our species can do—laugh. Humanistic humor; use of humor in therapy. Bring jokes and funny stories to share.

Ilana Rubenfeld

SELF AS SOURCE OF SOCIAL CHANGE: TRANSPERSONAL PERSPECTIVES ON THE NATURE OF SELF, SERVICE AND SOCIETY
Human suffering and the problems of our civilization can be viewed as symptomatic of our collective state of mind. From a transpersonal perspective we all share the responsibility for the well-being of our planet. We will explore the interface of transpersonal growth and service in the world, and the ways in which changing personal values and actions contribute to global change. **Frances Vaughan** is a professor at the California Institute of Transpersonal Psychology, a psychotherapist in private practice, author of *Awakening Intuition,* and co-editor with Roger Walsh of *Beyond Ego: Transpersonal Dimensions in Psychology*. **Roger Walsh** is on the faculty of the Psychiatry Department of the University of California Medical School at Irvine.

Harold Greenwald

THE PATH OF THE HEART: SONGS AND STORIES FOR CREATING CHANGE
An evening of song and story to "tune-in" to the changes we are making and the changes that are making us. **Rabbi David Zeller** is a storyteller, singer and professor at the California Institute of Transpersonal Psychology. He founded the Network of Conscious Judaism and has produced two tapes of his chanting.

David Zeller

COLD STORAGE: A two-character comedy/drama, originally performed on Broadway, takes place in a metropolitan hospital and examines the life force within the context of dying. **David Ralphe** is Artistic Director of the Hedgerow Theatre and Executive Director of the **Los Angeles Theatre Alliance.**

10:30-11:00 pm
SANDY HERSCHMAN CONCERT

11:00-midnight
WAKE UP TOGETHER AND SING: An old-fashioned relationship revival with singing and dancing—**Donna David-Langer, Stu Langer** and **Warren Lyons**

10:30-11:40 pm
FILMS (see page 33 for details about the film program)

Marilyn Ferguson

Tuesday, September 1

9:00-11:30 am, *THE CLOSING*

CONSPIRACY FOR A NEW WORLD: Two pioneers in analyzing trends will share their insights and visions for a new world. **Marilyn Ferguson** is editor of *Brain/Mind Bulletin* and author of *The Aquarian Conspiracy*. **John Naisbitt** is Senior Vice-president of Yankelovich, Skelly and White, and publisher of *The Trend Report*

CLOSING CELEBRATION: Al Chung-liang Huang will lead a closing celebration with the help of a lot of AHP friends.

Al Chung-liang Huang

MORNINGS

MEDITATIONS AND EXERCISES

Saturday, August 29 — 6:30-7:30 am

KUNDALINI YOGA AND MEDITATION
Kundalini Yoga is the root yoga out of which the many systems of yoga have sprung, thus the most powerful. It incorporates techniques of hatha (postures), pranayama (breathing), laya (sound current), raja (meditation) and bhakti (devotion). Wear loose, comfortable clothing, and bring a yoga mat, towel or blanket. **3HO Foundation instructors.**

WALKING, RUNNING, STRETCHING
We will cover pertinent exercises, in addition to yoga, acupressure and diet. Come prepared to have fun. **Michael Blair** is a podiatrist and member in several running and orthopedic societies.

THE FORM
The Form is the universal principle of balance as applied to the human being, a meditation in movement. This presentation will include a slide show defining the relationship of all parts of the skeleton as the human being moves three dimensionally in space, a demonstration of the discipline of the Form, a master class. **Michael Nebadon** is Director and **Grant Ramey** is Educational Director of the Center of the Form in Santa Monica, California.

Sunday, August 30 — 6:30-7:30 am

THE SCHOOL OF T'AI CHI CHUAN
Since antiquity the Chinese have recognized the unity of body, mind and spirit. T'ai chi chuan is a method of creating inner harmony and balance through movement. Come replenish your energy. A team of professionally trained instructors will demonstrate, explain and conduct this class.

ARICA PSYCHOCALISTHENICS
Arica psychocalisthenics is a sequence of 26 physical exercises designed to restore and maintain the body's natural condition of flexibility, strength and vitality. Requiring only 30 minutes each day, psychocalisthenics conditions all the muscle groups of the body. Each exercise is accompanied by a specific breathing pattern and coordinated with specially composed music. **West Coast Exercise Company** is a Los Angeles-based group of certified Arica instructors, specializing in psychocalisthenics.

THE TEILHARDIAN MASS
Join with fellow participants in a liturgical experience designed to emphasize conscious participation in the evolutionary process. **Raymond Hock** is a Professor of Education and Philosophy, teaching courses on Teilhard and Buber and their implications for the future.

Monday, August 31 — 6:30-7:30 am

CHUU-SHIN
Chuu-shin is a holistic exercise system, which incorporates martial arts energy theory with a stretching and breathing program, designed to relieve tension and fatigue. Using a six foot staff or "bo" as a centering point, ultimate flexibility of mind and body occur. Effective relief from lower back pain and other problem areas also can result. **Cary Tagawa** developed chuu-shin out of his ten years of physical training and participation in the martial arts.

DANCE AS HEALING
Dance integrates emotional expression with the physical and spiritual aspects of being. Moving "wholely" from a centered place in ourselves is a healing and joyful experience. Regardless of your movement proficiency, this experience will help you move through life with more freedom and ease. **Jayne Dundes** is a choreographer, director and dance instructor.

continued

BUBER MEDITATION
This program will use processes developed from Martin Buber's interpretation of Hassidism and geared to put you in charge of and take responsibility for your ego, mind and body. Chanting and breathing exercises are used in conjunction with this meditation. The objective of this approach is for participants to realize that we are what we do and not what we theorize we would like to be. **Charles Roth** is Executive Editor and Vice-president of the Jewish Post newspapers and formulator of Buber meditation.

Tuesday, September 1—6:30-7:30 am

AIKIDO
Aikido will be presented with several exercises that demonstrate aikido's principles of harmonious energy shared between two people. The format is one of self defense; hence all of the techniques of aikido develop the participant's intuition for solving conflict situations with benevolent and spontaneous action, leaving both persons free of harm. **Megan Reisel** holds a black belt in aikido and over the past six years has studied with masters in New York City, Washington and Tokyo.

KUM NYE RELAXATION
This workshop will include demonstrations of Kum Nye and an explanation of what part of the body a specific posture will release. The participants will then experience the posture for themselves and will be helped individually. Each posture will be followed by a short period of relaxation and meditation. Wear loose clothing and bring a pillow, if possible. **Linda Lacy** studied Kum Nye Relaxation at the Nyingma Institute in Berkeley, California.

THEME COMMUNITIES
8:30-11:30 am

Nine Theme Communities will meet every morning to explore specific areas of interest. The Communities are to provide a home base for daily contact in a supportive environment and a forum for the process of community. Intended outcomes:

- experiences of community with all of its challenges and rewards;
- resources, skills and inspirations to bring back to your own life and community; and
- an opportunity to share information and skills.

HOW DO I SELECT A COMMUNITY: MAYBE I'LL WANT TO SWITCH.
Each Community will be unique, developing its own style and climate depending on the topic, resource people and you, the participants. We encourage you to select a Community based on your primary interest and stay with it for a full experience of bonding and learning. Please don't switch.

THE MARKET PLACE is a forum where both the listed resource people and Community participants can share their interests, skills and expertise. It works like this. The facilitator opens the floor to identify offerings, assess interests, and then assigns rooms. Participants subdivide and meet according to interest. The market place allows undiscovered resource persons to emerge and share, creating a process that is flexible and responsive to community interests and needs.

The nine Theme Communities are named and described below. Some of the people who will take an active role in facilitating or resourcing the group are also named. Due to the dynamic nature of the Communities, however, some key people's names may not appear. We offer hearty thanks to everyone who has contributed to the development and success of the Theme Communities.

1.

Humanizing Our World of Work. We will examine the quality of our personal work experience in order to clarify our desires and revitalize our jobs and lives. We will explore ways to create more humanistic work environments and to remedy work-related problems for ourselves and others, building post-conference support systems and networks for making our life work, and making our work—life.

Warren Bennis—business philosopher, educator

Carol Briseno—consultant, facilitator

Tom Drucker—clinical and organizational psychologist

Roger Gould—career consultant, author of *Transformations*

Will McWhinney—co-creator of Open Systems Planning, consultant

Adelle Scheele—consultant, author of *Skills for Success*

Leni Schwartz—environmental psychologist, author of *The World of the Unborn; Nurturing Your Child Before Birth*

2.

Beyond Personal Quest: Spiritual and Transpersonal Community. We will explore meditation and other metaphysical teachings and abilities, such as clairvoyance, materialization, trance-medium channeling and other macro powers, revealing personal intent and purpose in transcending the mundane. The intent of our meditations will be to join, to merge, to bond and to transcend to higher consciousness as a community.

Helen-Elaine Janiger—writer, poet, teacher, healer

Donald Leon—attorney, psychologist, medium and metaphysician

Frances Vaughan—psychologist, author of *Awakening Intuition*

Roger Walsh—co-editor of *Beyond Ego,* editor of *Journal of Transpersonal Psychology*

Bruce blue cloud Whizin—therapist, teacher, visionary, poet

David Zeller—Rabbi, storyteller, transpersonal educator

3.

Lifestyles and Intimate Relationships. This Community will explore alternative lifestyles, relationships and expressions of loving intimacy. How can women and men nourish, support and learn from each other? What is intimacy and how can it be fostered? What are the issues involved in singlehood, celibacy, monogamy, open marriage, group marriage, bisexuality and homosexuality?

Paul Bindrim—Director of Bindrim Institute, psychotherapist

Ed Elkin—founder of transpersonal gestalt, faculty member of University for Humanistic Studies

Betty Anne Field—group leader, surrogate partner

Niela Horn—staff member at Associates for Human Resources, consultant

Herbert Otto—founder of Institute for Exploration of Human Potential, author

Arline Rubin—Associate Professor, Brooklyn College

Riley Smith—therapist, co-author of *How to Be a Couple and Still Be Free*

Tina Tessina—therapist, trainer, co-author of *How to Be a Couple and Still Be Free*

4.

Health and Healing: Celebrating Wellness. What does it mean to be really well? What are the roles that stress, nutrition, sexuality, creativity, spirituality and relationships play in the development of wellness? We will explore Eastern and Western approaches with particular attention to the healing power of caring people and group energy.

David Bressler—established Pain Center at UCLA, educator in holistic health

Rosalyn Bruyere—founder and Director of the Healing Light Center

Jacqueline Larcombe Doyle—facilitator, therapist, incoming President of AHP

David Franklin—healer, body therapist, social worker

Dennis Jaffe—educator, author of *Healing from Within*

Evarts Loomis—founder of Meadowlark, a holistic health center

Golda Sirota—artist, teacher, healer, group leader

Daisy Elizabeth Spiegel—holistic health counselor

5.

Creating a Civilization that Works. What we have learned about changing ourselves may well be useful in changing our world—shifting from problem orientation to solution orientation. This Community, which will focus on key social, political, economic, cultural, religious and technological realities, is for people who choose to put themselves on the line to realize their visions of the possible.

Thea Alexander—author of *2150 A.D.*

Jean Haskell Feinberg—manager, teacher, group facilitator

Linda Groff—coordinator, Future Policies Studies Program; President, Los Angeles World Future Society

Jim King—engineer, logician, facilitator, Buddhist, student of metaphysics

Andy Lipkis—founder and Director of the Tree People

Richard Michaels—director of TV movies, winner of Christopher Award for work affirming the human spirit.

Marcia Seligson—author, *The Eternal Bliss Machine* and *Options*

Jeremy Tarcher—publisher of *Aquarian Conspiracy* and others

6.

Intentional Communities in the 1980s. If you have already lived in community or are thinking about it, we invite you to be with us to learn what seems to work and not work in community life, to explore several exciting new possibilities

for urban and rural communities, to share an actual experience of community, and to establish a post-conference support group.

Jerry Diamond—entrepreneur, producer

Alice Eldred—teacher/specialist in shared living workshops

Victor Herbert—ex-film/theater producer in Paris

Ken Keyes, Jr.—founder of Cornucopia, author of *Handbook to Higher Consciousness*

David South—explorer, visitor of communities throughout Europe and the United States

Representatives from the **Society of Emissaries,** a community founded in British Columbia in the 30s, and from **Kerista Village**, a San Francisco community.

7.

New Ways of Learning. New approaches to learning emphasize education as a partnership between teacher and student and as a process of creative interaction. This Community will explore many of the recent developments in brain-mind research and their applications to lifelong learning and New Age education. We will sample imagery/visualization, accelerated learning, multi-modal and multi-sensory activities, and intuitive and creative processes; will envision ways to humanize education, enhance self-image, expand our concept of the learner/teacher relationship; and will examine parenting practices.

Diane Battung—academic advisor for International College, futurist

Russell Bishop—Vice-president and Director of Training for Insight Training seminars

Jack Canfield—Director of Educational Services of Insight Training seminars; author, *100 Ways to Enhance Self-Concept in the Classroom*

Marilyn Fiedler—founder and Director of Walden School

Beverly Galyean—confluent education consultant for Los Angeles schools

Jaelline Jaffe—therapist, educator, psychomotor specialist

Judith Larkin—Dean, School of Consciousness at the University for Humanistic Studies

George Leonard—author, educator, black belt aikidoist

Judy Leventhal—teacher, artist, therapist

Maureen Murdock—educational consultant, counselor

Michael Ossorio—parent, early childhood and special education teacher

Olive Pemberton—therapist, consultant to the Los Angeles schools

Ed Rockey—Professor of Behavioral Science

8.

Play, Movement and Sports: New Forms of Re-creation. Our theme is "Come play with us". This Community allows us as adults to pursue the wonderful, uninhibited playfulness of the child. We will use movement, dance, music, drama, art, play and new games where there are NO losers, only winners. Our Community will provide a safe and trusting environment where no one asks you to "grow up" and "settle down".

Paul Abel—facilitator, holistic practitioner, singer

Lucia Capacchione—author of *The Creative Journal*

Lillian Freeman—psychotherapist who brings together play, creativity and movement

Tim Gallwey—author of *The Inner Game of Tennis,* teacher of other inner games such as skiing and golf

Joe and **Darri Heller**—originators of the Body of Knowledge in San Francisco

Violet Oaklander—Director of the Center for Child and Adolescent Therapy, author of *Windows to Our Children*

Gabrielle Roth—creator of the Moving Center method of movement

9.

The Ninth Community. Nine is the number of power. In this Community members will have the opportunity to experience their personal power as we create a unique community where we will bring our own needs and interests, skills and talents, struggles and concerns. Within the group we will discover resources to meet these needs, develop those interests, utilize those strengths; to deepen understanding; to experience creativity, excitement, connection, accomplishment and joy.

Barbara Biggs—psychotherapist, consultant, photographer, devotee of t'ai chi

Will Schutz—author of *Joy* and *Profound Simplicity,* instructor at Antioch University West

FIELD ACTIVITIES
8:30-11:30 am

People involved in AHP Field Activities will come together as their own community. This will be an opportunity to review goals and priorities, discuss successes and frustrations of the past year, and envision and plan for the year ahead. We will continue to strengthen the support network among Field Activities people; explore assumptions and expectations about the relationship between area chapters and AHP International; and identify additional ways to learn from, nourish and care for one another.

AFTERNOON: *Saturday, August 29*

Saturday
1:00-3:00 pm

FORUM — 1:00-3:00 pm

HUMANISTIC PSYCHOLOGY EXAMINES ITS COMPETING CURRENT THEORIES OF HOW TO CREATE A HUMAN WORLD
Panels of gifted social theorists and past and present leaders of AHP will discuss issues at the intellectual core of AHP's existence and future during three afternoons. Co-coveners: **Jacqueline Larcombe Doyle** and **Nora Weckler.**

HUMANISTIC MODELS OF CHANGE
We will be contrasting the transformation paradigm with perspectives from holistic politics and transpersonal thought. **Walt Anderson, Frances Vaughan, Roger Walsh, Marilyn Ferguson** (on tape), **Bob Philleo, Frank Reissman, Charles Hampden-Turner, Fred Massarik.** Moderated by **Jacqueline Larcombe Doyle.**

WORKSHOPS — 1:00-3:00 pm

CONVERSATION WITH FLOYD MATSON, a past president of AHP, author of *The Broken Image,* and co-author of *The Human Connection.*

Personal/Interpersonal

THE TAO OF WOMEN'S GROUPS
Feeling, thinking, talking and listening like sisters, we will build a model of a women's leaderless support group and implement it by dividing into groups and experiencing small islands of sisterhood. Exploring the strictly-female reality together is a way to balance the yin-yang warp in a sexually-biased culture. **Carolyn Crane** is a writer, feminists' facilitator and zealot, who wants women to have equal economic and emotional advantages and rewards.

RISKING
This workshop is a guide to help you understand exactly what happens when you risk yourself. Participants struggling with life changes or major decisions will have the opportunity of understanding the nature of risking in general and of their own risks in particular. **Neil Rosenthal** is a therapist in private practice, a teacher of psychology, and President of the Colorado AHP Chapter.

CREATING INTIMACY AND STAYING CENTERED
Come to this workshop if you wish to enhance your ability to relate intimately to individuals or groups while staying centered. Be prepared to take some high risks in a strongly supportive atmosphere. Leave with a greater sense of inner freedom to create the kinds of interactions you want, along with increased skills for doing so. **Niela Horn** is on the faculty of AHR/Beacon College and the Gestalt Institute of New England, where she teaches, trains, does therapy and works as an organization consultant.

COME PLAY AND SEE, MY SON AND ME
Hello out there! Can you risk laughing, being silly, lovable? Then, come with your children, and the "child" in you. We'll bring our toys and games. **Susan Ziemer** is a RN invested in promoting holistic health to the helping professions. She teaches New Games at the University of Southern California Institute in Idyllwild. **Danny Ziemer,** 11-year-old son of Susan, has studied New Games and assisted in workshops at Elysium Fields Institute.

"ME"-SSAGE: GETTING IN TOUCH WITH "ME"
"Me"-ssage is a simple, natural method leading to release of habitual muscular tensions, revitalizing and improving body functions. It is designed to reunite our whole self, mobilizing our own effective resources in self care and nurturing. **Judy Unell** is the originator of "me"-ssage and t'ai chi massage. She has a private neo-Reichian and somatic retraining practice in Los Angeles.

PEOPLE SAMPLERS: A HUMANISTIC WAY FOR SINGLES TO MEET
This new social invention makes it easy and fun to sift through large numbers of people, to quickly

discover "your kind"—potential friends as well as romantic partners—and to make arrangements to see them again. You will be provided the opportunity to get energized, increase your good feelings and practice new meeting skills. Methods will be explained and demonstrated. **Emily Coleman** is a behavioral scientist, author of three books on relationships, and co-founder of the Man-Woman Institute. **Keith Tombrink,** psychologist and co-founder of the Man-Woman Institute, conducts programs to improve relationships between men and women and to help singles live richer lives.

STYLES OF LOVING
Recent research suggests that there are six distinct views of the concept of man-woman love. These lovestyles—friendship, giving, possessive, practical, game-playing, and erotic—will be discussed and participants will explore the extent to which they identify with each concept. **Martin Rosenman** is a Professor of Psychology at Morehouse College; a practicing clinical psychologist, specializing in man-woman relationships; and author of *Loving Styles: A Guide for Increasing Intimacy.*

CONTRADICTIONS IN INTENTIONAL COMMUNITIES
The audience will discuss typical problems of intentional communities, including charismatic leadership, sexual jealousy, conformity, orthodoxy and cultism. The session will open with the film "Kerista Village—An Alternative Family," a documentary of this community's personal interactions and group marriage. **David Schonbrunn** is a film editor with 12 years of experience in spiritual communities, meditation and inner growth. **Maurice Solkov** has been a filmmaker for 16 years, was President of the Berkeley Film Institute, and won an award at the John Muir Medical Film Festival.

HOW TO BE A COUPLE AND STILL BE FREE
The presenters will share a view about intimacy and freedom and a method of problem-solving between equals where no one has to compromise. This material is equally useful for couples and single people, gay or straight. **Tina Tessina** and **Riley Smith** are therapists in private practice in Los Angeles. Both are licensed marriage and family counselors and co-authors of *How to be a Couple and Still Be Free.*

THE A*L*L GAME™ WORKSHOP
The A*L*L Game™ is a tool for personal transformation. This workshop will be held in a small group around a game board and is intended to quickly pinpoint and clarify personal issues. It incorporates methods of releasing human potential in an atmosphere of serious playfulness or playful seriousness. **Christi Anna Davidson** is creator and President of A*L*L Education, Inc. She is trained as a lawyer, social worker, gestalt and crisis counselor.

INSTA-CLEAR: INTUITIVE DECISION-MAKING ABOUT CHANGE
This workshop will present a problem-solving approach to coping with change in our daily lives. The audience is requested to bring a real life "change situation" to work with in the group. The format will be experiential; questions, answers and tools will be given. **Cherie Carter-Scott** founded Motivation Management Services in 1974. She has a television show "Inner-View" where prominent people share ideas from a variety of fields. **Lynn Stewart** has served as President of MMS and is presently known as the Central States Regional Manager in Aspen, Colorado.

Professional

L.E.T.: Life (Logotherapy)-Effectiveness-Training
The objectives of this workshop are to enable participants to add the methods of logotherapy to their own approaches, through familiarization with and experiential exposure to the humanistic philosophy and the applications of logotherapy (therapy through meaning-orientation). **Mignon Eisenberg** studied logotherapy with Professor Viktor Frankl and has applied it extensively with groups and individuals.

Saturday 1:00-3:00 pm

A CREATIVE MOVEMENT APPROACH TO COGNITIVE LEARNING
Creative movement integrates the affective and the cognitive to help children learn in a more holistic way. In a loving and supportive environment, creative movement can be the medium through which children can develop on all levels, where both children and their teachers can find their own uniqueness, their own genius, their own dance. There will be practical examples and experiences of how creative movement can be used. **Teresa Bender Benzwie** is a dancer and kindergarten teacher, who has worked extensively with different populations in the helping professions using creative movement as a humanistic approach to teaching.

A CONSCIOUS APPROACH TO PERSONAL AND PUBLIC SPEAKING SKILLS
This workshop is designed to assist people in becoming more aware of themselves as speakers and learn skills that can reduce fear of public speaking, as well as assisting them in becoming more powerful and dynamic speakers. **Anita Conroy** is a psychotherapist who teaches public speaking skills; gives workshops, seminars and lectures; and works with people individually in the expressive areas.

CHANGE FOUNDATION: A GROUP VALUE ACTIVITY
This workshop will provide participants with a specific small-group value clarification activity/tool for use in their own professional environment. This workshop will include a brief background discussion, experience with the activity, and a method for extending the activity learnings into long-range personal value commitment and change. **Richard Rogers** is a college teacher, specializing in interpersonal communication with 12 years of experience in the use of classroom and workshop presentations for personal growth.

BIOFEEDBACK TRAINING FOR STRESS AND STRESS DISORDERS
This workshop will present biofeedback and other procedures for treatment of stress and stress disorders. Use of EMG, GSR and temperature units to develop a psychophysiological stress profile will be demonstrated. Also included will be a demonstration of a variety of techniques, discussion of their use in

stress management, and their advantages and disadvantages. **Marjorie Toomin,** psychologist, is Director of the Biofeedback Institute of Los Angeles. **Sandra Thomson,** psychologist, is Director of Training, and **Pamela Pine** is Assistant Director of Training at the Institute. **Joan Reighley** is a nurse educator.

THE BRAIN, INTELLIGENCE AND LEARNING: STRATEGIES FOR EDUCATION PROGRAMS
In this workshop you will receive information on current brain-mind research as it applies to intelligence and learning. Strategies for expanding intelligence through affective, intuitive, multisensory and kinesthetic/imagery modalities of learning will be presented. Slides and visuals of exemplary student work accomplished in three federally-funded research projects in confluence education will be shown, and participants will experience several of the learning strategies derived from brain-mind research and discovered highly effective agents of increasing intellectual abilities. **Beverly Galyean** is a teacher, counselor, education researcher and author of *Language from Within* and *Art and Fantasy*.

Saturday 1:00-3:00 pm

Transpersonal

OPEN FOCUS TRAINING
Theory and clinical uses for Open Focus, a series of attention training exercises, will be experienced and discussed. The attentional flexibility associated with Open Focus develops awareness concomitantly with physiological relaxation. Flexible attentional strategies permit optimization of function in a variety of circumstances. **Les Fehmi** is a psychologist in private biofeedback practice and originator of Open Focus training.

STAR+GATE SYMBOLIC SYSTEM (double session; see Saturday, 3:30-5:30 pm)
Each participant will have the opportunity to use this workshop to explore a topic of personal interest. Emphasized is how this process combines rational and intuitive processes to tackle situations in everyday reality. Applications in decision-making and problem-solving are demonstrated as well as in exploring relationships and delving into the inner self. **Richard Geer** created the Star+Gate system and has developed it over a 12-year period.

DREAMS, MOVEMENT AND CREATIVITY
The human psyche is always in movement and creative flux. Learning how to move with, against or around our physical, mental and spiritual energy increases creativity and satisfaction. In our dreams we have the opportunity to be creators and to become created. The principles of movement therapy are straight-forward and easy to apply to our waking and sleeping lives. **Valerie Meluskey** is a movement/dance and drama therapist and certified practitioner of Neuro-Linguistic Programming, whose special area of work for ten years has been creative and lucid dream psychology.

ACU-YOGA: TECHNIQUES FOR SELF TREATMENT
In this workshop we will explore how to combine yoga postures and breathing with the use of acupressure point stimulation. Emphasis will be on techniques for stress reduction, relief of common psychosomatic ailments and emotional balancing. **Michael Reed Gach** is Director of the Acupressure Workshop in Berkeley, California, and author of the self-treatment book *Acu-Yoga*.

EXPLORING THE MYTHIC UNDERWORLD
Deep within each of us is a personal mythology which shapes the way we look at the world and exerts a powerful influence over our lives. This workshop will introduce personal mythology as a useful way of viewing and working with personality development. There will be exercises demonstrating this concept and its uses. **David Feinstein** is a senior clinical psychologist with San Diego County Mental Health Services and is co-authoring with Stanley Krippner a book on personal mythology.

CONSCIOUSNESS THROUGH THE BODY
Integration of body, mind and spirit requires full consciousness of the functioning of our bodies and its relationship to emotions and spiritual development. This workshop will illustrate how breathing and psychoparestalsis are related to stress and conflict and how we can consciously change them so they bring us into harmony and inner peace. **Daisy Spiegel** has a private holistic practice with the intent to help individuals to touch into their essential selves.

TRANSPERSONAL PSYCHOLOGY: BRIDGE BETWEEN EAST AND WEST, SCIENCE AND PSYCHOLOGY
This dialogue will concern itself with a brief overview of the nature of transpersonal psychology and the study of levels of consciousness which can be used directly in personal development, education and psychotherapy. Participants will be invited to share their own experiences with this perspective. Selections from such specific approaches as meditation, imagery, sensory reduction, or stimulation and mystical ecstatic experience will be presented and employed to provide direct experience in changing and identifying levels of consciousness. **Carmi Harari** is a psychologist, psychoanalyst, educator, trainer, consultant and Executive Director of Humanistic Psychology Center of New York. **Mike Arons** is a pioneer in humanistic psychology education and chair of the Psychology Department of West Georgia College, Carrollton, Georgia.

Socio-Political

PRAYER FOR PEACE: MEDITATION AND NONVIOLENCE IN OUR NUCLEAR AGE
The purpose of this workshop is to provide information and a forum for discussing the relationships of prayer and meditation, peace and nonviolence, seen from psychological, spiritual and political perspectives. The purpose is to briefly explore the related personal, spiritual and political dynamics of peace. **Alan Nelson** is a therapist, facilitator and Director of the Peace Project.

REFUGEES: THE STRANGERS AMONG US
This workshop will be a discussion of ways to help Southeast Asian refugees adjust to our alien land. We will talk about specific aspects of Asian cultures and United States life which make the transition difficult, of social and psychological pressures on immigrants and citizens with whom they come in contact, and of concrete ways to discover and deal with refugee problems. **Shirley Tepper LaMere** is a teacher of English as a Second Language in the San Francisco Community College District, working with refugees from Vietnam, Cambodia and Laos.

Organizational

PEER/MENTOR MODEL FOR INCREASING PRODUCTIVITY
This presentation will include an overview of productivity as it relates to human interaction. Collaboration as a one-to-one relationship in the workplace will be examined. Through a series of exercises and demonstrations the peer/mentor model for professional development will be explained in detail. **Joan Alevras** and **Elaina Zuker** are Directors of Resources, Inc., and the National Association for Female Executives. Joan maintains a private practice in gestalt therapy in New Jersey. Elaina is on the faculty of Montclair State College, New Jersey.

POSITIVE, PSYCHO/POLITICAL PROCESSES IN ORGANIZATIONS
Organization development programs offer both improved performance and a more humanistic work environment, but most run afoul of organization politics. Aikido, Kung Fu, psycholinguistics, and open systems planning, combined with political techniques allow simultaneous energizing, problem-solving and consensus-building. Participants will be guided in application to their own situations. **James Warren** is an OD consultant and a martial arts student.

WORKSHOPS — 3:30-5:30 pm

Saturday
3:30-5:30 pm

CONVERSATION WITH KEN KEYES, JR. Author of *Handbook to Higher Consciousness* and founder of Cornucopia, a college in Kentucky, will discuss how he has applied the living love way in his life, and will answer questions about his books and college.

Personal/Interpersonal

THE ICA SELF-PROTECTION METHOD
How can we, without harming others, defend ourselves against the rapid increase of violent crime that has become a major problem in America today? This workshop presents a three-part model for dealing humanistically with physical attacks: 1) Invitation—learning how to discourage potential attackers; 2) Confrontation — breaking the attacker-victim paradigm; and 3) Altercation—defending and protecting yourself if attacked. **Joel Kirsch,** a psychologist and public safety instructor, is co-author with George Leonard of the forthcoming book, *Energy Awareness and the Human Potential: A Guide to Altered Ways of Being in Everyday Life.*

SEXUALLY OPEN MARRIAGE
This workshop will present recent research findings about sexually open marriages, comparing those couples who are together with those who have separated. What were the reasons for opening the marriage, the problems, differences between the sexes, etc.? Discussion will be followed by exercises centering around the issues of jealousy and possessiveness. **Arline Rubin** teaches courses in family relationships, is a certified sex educator, certified Couples Communication Program Instructor, treasurer of New York AHP Chapter, and conducted a research project on open marriage.

RELATIONSHIPS AND PERSONAL IDENTITY
This workshop is intended to help people understand the problems of relationships and personal identity, and to give practical aids for working with them. Conceptual material will be presented and several of the principles will be demonstrated. **Jack Rosenberg** is author of *Body, Self, and Soul.*

MYOFACIAL THERAPY
Myofacial Therapy is a new approach to emotional change and self-transcendence. Facial muscles are freed to express who we choose to be in the present rather than the past, unconscious, programmed self. These muscles remain toned and healthy as well, making it possible to engage as a creative partner in the aging process from an early age. **Bonnie McWhinney,** creator of Myofacial Therapy, is a psychological therapist, an acupressure masseuse, and formerly, chairperson of the Education Department at Immaculate Heart College.

SURVIVAL, CREATIVITY AND TRANSCENDENCE
This workshop will explore the polarity of the heroic struggle for survival and the yearning for peaceful exit. Catastrophic events stimulate unconscious and conscious creative adaptations and can inspire us to transcend injurious obstacles. Although many of these forces evolve spontaneously, we can aid the re-creative process by self-directed methods leading us into varieties of the healing trance. **Vera Fryling** is a psychiatrist in private practice in Oakland, California.

IS BODY ENGLISH THE PRIMARY CAUSE OF HUMAN PROBLEMS?
We confront difficult situations with extra body english. If we neglect to release all of that body english afterward, its left-over effects distort, stress and congest the human organism. Through a combination of patterned breathing and imagery, participants might discover self-insights and useful ways to release specific areas of left-over body english. **Win Wenger** has been on the faculty of the Creative Problem-Solving Institute for the Creative Education Foundation, State University College, Buffalo; and has written several books.

CREATIVITY GAMES: SPARKING THE AHA! RESPONSE
Kick off your shoes and sample a series of games designed to stimulate the flow of creative impulses. Creativity Games—drawn from theater games, creative problem-solving techniques, and elsewhere —will stretch your imagination and rekindle your playfulness, while sparking a powerful tool for change. **Jacqueline Lowell** teaches Creativity Games in San Diego; directs and performs with Inside Out, an improvisational comedy troupe; has been a professional singer, danger, writer and photographer.

Saturday 3:30-5:30 pm

CHANGE THROUGH UNCONDITIONAL LOVE AND FORGIVENESS
You could change your life by unconditionally loving and forgiving yourself and others. These tools for change have been some of the most effective for changing behavior and circumstances where change is imperative, such as illness, giving up destructive habits and working out estranged relationships in families and business. **Edith Stauffer** is Director of Training, the Psychosynthesis Training Center of High Point Foundation, and has been a teacher of psychosynthesis and director of a training program for the staff of the California State Rehabilitation Center.

HOLISTIC HEALTH: WOMEN'S SEMINAR
This seminar is designed to meet the needs of women who are interested in developing a greater self-awareness. The participants will be given the opportunity to evaluate their present nutritional and exercise habits and the ways in which they handle stressful events. Alternative lifestyles will be presented with suggested resource materials for further study. Areas which have a particular relevance for women will be emphasized. **Carolyn Glass** is a part-time counselor at Thomas Nelson Community College, Hampton, Virginia, where she has been a co-facilitator in the Women's Awareness Seminar for the past two years.

PERSONAL MANAGEMENT SYSTEM AS A TOOL FOR CONSCIOUS CHANGE
The Personal Management System provides tools for change in seven vital areas of life: stress management, nutrition, exercise, leisure, social/emotional, work/education, and creativity. Conscious change and personal responsibility are stressed urging the development of individual goals. A six-month motivational, computerized follow-up will be offered. **Morris Squire** is President of Forest Hospital, a private psychiatric hospital, and Chairman of the Forest Hospital Foundation.

THE FELDENKRAIS METHOD OF BODY AWARENESS
The Feldenkrais method is designed to reawaken our capacity to learn through our own experience. We get both improved physical mobility and an understanding of principles that are more generally applicable. This workshop will include an Awareness through Movement lesson, a demonstration of individual work and discussion. **Andrew Gaines** maintains a private practice in the Washington, DC area, combining Feldenkrais functional integration with psychotherapy.

Professional

GROUP DYNAMICS AS AN AGENT FOR CHANGE FOR HELPER DESPAIR AND DEPLETION
This workshop will address itself to the alarming incidence of casualties among helping professionals, including burn-out, sudden career shifts, suicide, addictions, family conflict and illness. The leaders will utilize their knowledge and expertise with group dynamics to explore some of the crucial factors involved in inducing impairment among professional helpers, and will emphasize the variety of ways that well-led peer group systems can facilitate a creative utilization of conflict, despair and discouragement. **Allan Elfant** is a clinical psychologist; Director of an Innovative Psychotherapeutic Inpatient Unit at Scott and White Clinic, Temple, Texas. **William Hogan** is a psychiatrist at Scott and White Clinic, and is curriculum coordinator for the Department of Psychiatry at Texas A&M Medical University.

REDECISION THERAPY
Redecision therapy is how to do effective, goal-oriented psychotherapy, using the leader's own blend of gestalt, behavior modification, transactional analysis, imagery work, and special techniques created by her and her husband. Skill-building techniques that others can easily copy will be used, plus a demonstration of psychotherapy with volunteers. **Mary Goulding** is co-author with her husband of *The Power Is in the Patient* and *Changing Lives through Redecision Therapy,* and has presented workshops in many parts of the world.

HEIGHTENED STATES
Working with healers, meditators and spiritual teachers, the leader has found the patterns of the mind which reflect their heightened states of consciousness. Using the Mind Mirror, an EEG designed to display all of the brainwaves simultaneously, she will present these discoveries and show how the process can take place within you. **Anna Wise** has trained and worked with C. Maxwell Cabe and in 1979 became a Director of his Institute for Psychobiological Research and was appointed overseas coordinator.

TEACHING STUDENTS TO LOVE THEMSELVES
In this workshop we will explore how to develop positive self-esteem in students of all ages. We will reaffirm our own essential self-worth and learn numerous methods for facilitating self-esteem in our classrooms. We will use affirmations, guided imagery, physical nurturance and touch, chanting, one-to-one sharing and group processes with a

positive focus. This will be a practical and fun-filled workshop. **Jack Canfield** is Director of Educational Services for Insight Training Seminars.

RECENT CONTRIBUTIONS OF HUMANISTIC PSYCHOLOGY TO APPLIED RESEARCH
Here's an opportunity to present and discuss the most recent research and theories currently influencing the field of humanistic psychology. **Bernard Bass** is a Professor of Organizational Behavior, SUNY-Binghamton. **Fred Massarik** is a past-president of AHP.

Transpersonal

THE SINGING EARTH: IN CELEBRATION OF THE LIVING POTENTIAL
This workshop will be an experiential exploration into shamanic healing ceremony and ritual. We will be opening ourselves as living channels of the Earth and to the creative power, joy and wisdom inherent in our/the planetary body. **Prem Das** teaches shamanism at J.F.K. University, Antioch West, Sonoma State University, and the California Institute of Integral Sudies.

T'AI CHI CH'UAN AS A TOOL FOR TRANSFORMATION
The objective of this workshop will be to familiarize participants with principles and applications of t'ai chi, which can immediately and easily be applied in daily living and be utilized in a professional as well as personal format. We will do simple centering and grounding exercises, breathing coordinations for energy and relaxation, and partnering work of a simple level. **Judyth Weaver** is a teacher of t'ai chi, has an extensive background in movement and dance, and is a Reichian therapist in private practice.

STAR+GATE SYMBOLIC SYSTEM (double session; refer to Saturday, 1-3 pm for description)

A NEW GROUP MEDITATION
Meditation has usually been thought of as personal and individual activity. In this time of transition toward group consciousness and unity, we need a new group meditation. Please join us for discussion and experiencing of connection in consciousness that can form a bond that transcends time and space. **Allen Holmquist** is in practice as a counselor and teacher with the L.I.F.E. Counseling Group in Monrovia, California.

TRANSFORMATIONAL IMAGERY
A unifying theme of transpersonal music and imagery is designed to facilitate and catalyze approaches and techniques of deep relaxation and applications of the use of imagery, relaxation and visualization techniques. Included will be methods of incorporating music and movement with imagery, and techniques for facilitating spiritual feelings and experiences in imagery and visualizations. **Emmet Miller** is a physician with a subspeciality in psychosomatic medicine.

DEMETER/PERSEPHONE MYTH: DISCOVERING FEMININE EROS IN INTRAPERSONAL LIFE
This workshop will use the Demeter/Persephone myth as a tool to expand the individual image to include feminine eros. This change can produce new ways of being, interpersonally and intrapsychically. The myth will be used as a metaphor to encourage new concepts of "feminine". Tools will be group process, guided imagery and play. **Helen-Elaine Janiger** is a Jungian analyst in private practice in Los Angeles and a teacher at the Center for Individual and Family Counseling.

Socio-Political

THE GESTALT COMMUNITY ACTION PROJECT: AN INNOVATIVE COLLECTIVE
This workshop will be presented by the members of the collective. History of our development, successes and failures in developing and teaching a social gestalt psychotherapy will be discussed. Theoretical issues, experiential work and time for feedback and networking will also be included. **Frank Rubenfeld** is on the faculty of the California School of Professional Psychology and the Gestalt Institute of San Francisco. Members of the Collective: **Paula Bottome** is a faculty member of the Gestalt Institute of San Francisco. **Lois Lane** is on the staff of Health and Human Services Agency. **Kathleen Overin-Slobin** is an artist currenty training in art therapy. **Joan Sullivan** is a psychiatrist in private practice. **Deborah Weinstein** is a psychotherapist in private practice. **Cynthia Kong** is a second-generation Chinese-American in private practice.

Saturday 3:30-5:30 pm

HUMANISTIC POLITICAL TECHNIQUES
The aim of this workshop is to awaken in participants an awareness of how personal growth achievements can be translated into effective politics. Exercises will demonstrate the futility of polarization through the "us vs. them" mentality. A new approach to consensus, synthesis and reconciliation will be offered experientially. **Milton Friedman,** former White House official, is currently staff consultant, United States House of Representatives, and is writing a book on the linkage of the political and spiritual realms.

Organizational

COLLABORATIVE COMMUNICATION IN THE WORKPLACE
This workshop will teach participants to restructure situations and environments to utilize the political realities for positive outcomes. We will show how to build into one's company rituals for constructive interactions. We will practice patterns of dialogues that help people speak and know that they are heard, and clarify and expedite issues that arise daily. **Thomas Drucker** has been a management consultant, psychotherapist and executive in charge of manage-

ment and organizational development for Xerox Corporation. **Marilyn Murphy** has been a human resources consultant, group/family therapist and hypnotherapist.

MANAGEMENT BY AGREEMENT

People consider cooperation as applicable to personal life but not realistic for organizational life. This workshop is designed to open the potential and practicality of cooperation as the basis for organizational and business behavior. Experiences and techniques which demonstrate the superior results of cooperative behavior will be given. **Donald Prentice** has worked in business for 24 years. He is now consulting and doing in-house development programs for organizations.

AHP ORGANIZATIONAL PLANNING

Throughout the past year, AHP has engaged in an effort to determine members' perceptions of the organization's strengths and weaknesses, hopes and visions. The Planning Process Committee has gathered data from constituencies, synthesized and summarized the data, and is prepared to report on its findings. This meeting is an opportunity to hear form the committee, discuss the findings and determine next steps. **Bill Bridges** will chair.

Saturday
3:30-5:30 pm

AFTERNOON: *Sunday, August 30*

FORUM — 1:00-3:00 pm

Sunday
1:00-3:00 pm

PREMISES FOR ACTION: HUMANISTIC PROJECTS IN A WORLD IN CRISIS
Projects will be presented and a panel of discussants will assess with authors the premises of the action they have chosen. EST, "The Hunger Project"—**Joan Holmes**; "Planetary Initiative for the World We Choose"—**Donald Keys,** Planetary Citizens; "US-Soviet Exchange Project"—**Jim Hickman,** Esalen Institute; "The National Self-Help Clearing House—**Frank Reissman,** Co-director; "Humanistic Alternatives to Addiction: Research and Treatment"—**Reda Sobky.** Discussants: **Charles Hampden-Turner, Mel Gurtov, Walt Anderson, Jacqueline Larcombe Doyle.**

WORKSHOPS — 1:00-3:00 pm

Personal/Interpersonal

THE CHALLENGE OF CHANGE: A MID-LIFE ISSUE IN GROWING OLDER
This workshop will focus on the challenge of change in mid-life as an issue in growing older healthfully. As we become a nation of graying Americans, we need to re-evaluate our own and societies' values, roles, goals and lifestyles. **Harlene Simonelli** is an Associate Professor of Psychology at Chaminade University, Honolulu; Executive Director of Well-Being, Inc.; and a consultant on Preventive Aspects of Aging.

RE-EXPERIENCING CHILDHOOD: A TOOL FOR CHANGE IN WORKING WITH CHILDREN
This workshop will introduce you to another approach in changing your work with children. You will be helped to re-experience some important incidents from your childhood; to communicate and share by drawing, painting, talking and playing; and to respond to other participants re-experiencing their adventures. **Herbert Goetze** is a psychologist and teacher at a German university and co-author of books on Rogerian play therapy with children.

HYPNOSIS AND HEALING
Training will be given in inducing and utilizing the hypnotic state in belief system and behavior changes as well as in removing those filters that keep us from perceiving clearly and cleanly. The emphasis will be on regressing back to critical incidents, clearing up "unfinished business" and utilizing affirmations arising from the experience. **Irv Katz** is Director of the Hypnotherapy Program at the University for Humanistic Studies and has given workshops for Esalen, Kairos, Antioch University and numerous holistic health centers.

PSYCHOLOGICAL IMMORTALITY: USING YOUR MIND TO EXTEND YOUR LIFE
This is a life-affirming workshop, with participants learning visualization and other techniques aimed at overcoming the negative belief that death and aging are inevitable. The psychological immortality strategies are easy, playful, and are aimed at emotionally preparing us for the biological breakthroughs coming over the next few years. **Jerry Gillies** is author of *Psychological Immortality: Using Your Mind to Extend Your Life* and several other books.

A VERY SPECIAL SPATIAL RELATING
In interpersonal relationships it is the non-verbal use of space that often tells us how close or how distant we care to be. We will use music and structured/unstructured movement sets to get us into our natural flow and glow. **Zachary Zakon** is a dance facilitator and originator of a free-form approach to dancing.

HANDWRITING ANALYSIS: A TOOL FOR CHANGE
This workshop will illustrate how handwriting is an accurate and direct projection of personality, as well as an effective tool for change. Participants will have

an opportunity to apply several concepts they will learn to their own writing. **Patti Fisher** is a handwriting consultant and Director of the San Francisco Institute of Handwriting Research, Inc.

PREPARING FOR SHARED LIVING
The many advantages of sharing living space may appeal to you, but what about the pitfalls? There is far more to living together than getting together. From extensive personal experience the leader will offer information and emotional support. Focus will be on clarifying what we want and how to achieve it. **Alice Eldred** is a marriage, family and child therapist in private practice in Santa Monica, California.

A HUMANISTIC APPROACH TO OPTIMAL PERFORMANCE
A humanistic approach to working with elite gymnasts will be explored. The importance of dialogue in the coaching process; valuing the athlete's experience; relaxation, visualization and managing stress will be discussed and experienced as a means to enhance sport performance. **Kenneth Ravizza** has worked with the Fullerton Women's Gymnastic Team and has researched aspects of sport participation. He teaches courses on the philosophical and psychological aspects of sport.

Sunday 1:00-3:00 pm

MOVEMENT MEDLEY
A wide variety of movement activities for exploring body-mind harmony will be offered in an effort to promote body-mind awareness and creative self-expression. Experiences will range from slow and gentle to playful and invigorating. **Jim Sharon** is on the staff of the Centennial Center for Psychological Services in Ft. Collins, Colorado, and has taught movement and body-mind integration, wellness, stress management and human relationships.

ILLNESS AND INJURIES: A CREATIVE FORCE FOR HEALTH AND HEALING
Most of us have been conditioned socially and culturally to view illness, accidents and disease as negative experiences and to believe that these events "just happen" to us. We miss the incredible opportunities for learning from these experiences which can lead to dramatic changes in our lifestyles. Participants will explore the body-mind interrelationship in health and healing, using a variety of techniques. **Bernice Payne** is a counselor, biofeedback specialist and group facilitator in private practice and Director of Heights Holistic Health Center in Brooklyn, New York.

IMPROVISATIONAL THEATRE: A TOOL FOR CHANGE
Come try on the new you, the self you most wish and fear to be. Through improvisational drama see how you feel as the "you" consciously changed to your own specifications. No acting experience needed. **Michele McNichols Rubin** is Director of Atlanta Street Theatre and a faculty member of Clark College.

ARICA: THE CONQUEST OF INNER SPACE
Any planetary change in consciousness must begin with the individual. This workshop will focus on the Arica map of the human psyche and its tools for the transcendence of the ego into the essential self. An overview of the Arica system, including nine basic systems, domains, dichotomies and protoanalysis, with exercises will be presented. **Karimu Kudura** is editor of *Inside Magazine* and an Arica trainer.

RAISING ANDROGYNOUS CHILDREN
This workshop will be an information sharing/discussion session designed to enable participants to share their experiences in raising children androgynously. Sharing special problems faced, special materials available, parental ambivalence and similar relevant issues will be highlighted. Role-playing exercises will be included. **Linda De Villers** is an instructor of psychology at Chaffey College and teaches courses at several other southern California colleges. Her emphasis is on personality theory, human sexuality and social psychology.

Professional

GESTALT SYNERGY™ METHOD (double session; see Sunday, 3:30-5:30 pm)
The emotions and memories stored in our body-mind can result in energy blocks, tensions and postural imbalances. By blending gestalt therapy, the Alexander technique and the Feldenkrais exercises (deep muscle work, we can contact, express and work through these deep feelings in order to experience our body, mind and emotions as an organic entity. This can lead to an awareness which will create the changes in your body-mind and reflect in your view of self and the surrounding world. **Ilana Rubenfeld** is a gestalt therapist, certified teacher of the Alexander technique and the Feldenkrais method, and originator of her own integration called the Gestalt Synergy™ Method.

IMAGERY: A POWERFUL TOOL IN THE BEHAVIORAL PROCESS OF ANXIETY
This workshop is designed to train people to explore and understand their world of images through sensory experiences. Imageries are used as a "bridge" from past to present, for insightful understanding of self, others and attitudes — and to recognize what can be changed for a more creative and satisfying future. Psycho-imagery and muscle relaxation techniques will be demonstrated with audience participation. **Norma Mittenthal** is a psychotherapist in the practice of behavior therapy and a Professor of Psychology at a community college in Florida.

HEALTH REVITALIZATION SKILLS: BEYOND BURN-OUT, THE PATH TO BALANCE
Each year thousands of health care professionals fall victim to the depleted state that has come to be known as burn-out. In this session, we will show several methods for self-healing, personal and professional rejuvenation, and lifestyle management.

Meditation, breathing, self-healing, wellness and awareness methods will forge the cornerstone of bringing participants from burn-out and into balance. **Shama Alexander** is Director of the Center for Health and Healing where he is involved in a full-time counseling practice.

GAY THERAPIES: MOVING BEYOND DSM III TO HUMANISM
We will examine the historical evolution of gay therapy, explore and define the humanistic model of therapy as it relates to lesbians and gay men, and provide experiences to assist the therapist and the concerned individual in developing a greater awareness of the issues particular to this minority group. Consideration will be given to the recent progressive development of therapeutic dynamics in gay and lesbian social services. **Patrick Meyer** has facilitated and coordinated counseling programs for gay men during the past four years. **Judith Kinst** is a lesbian activist in the political and social communities of central California. **Paul Norcia's** research explores homosexuality and the aging process with specific emphasis on the psychological and social needs of lesbian and gay elders.

TEACHING THE BRAIN TO LEARN
Therapy using a trampoline along with mental and focusing exercises will be demonstrated. Perceptual and learning skills, emotional blocks, communication skills, and processes for taking effective action are improved. Often, immediate transformation takes place. Educational, athletic, counseling and transpersonal applications will be discussed. **Raymond Gottlieb** is a developmental optometrist, who directs the Eye-Gym, a center for improving vision and consciousness in Los Angeles.

Transpersonal

SPIRITUAL INDIGESTION
The transition of leaving a spiritual group or teacher is a major life crisis that can serve as an opportunity for greater growth or deadend in bitterness. At this workshop, people who are suffering from spiritual indigestion, as well as counseling professionals, will discuss the leaving transition, what leave-takers go through, and how these dilemmas are faced and integrated. **Joshua Baran** founded Sorting It Out as a result of his own experience in leaving a Zen monastery after seven years as a Zen Buddhist teacher and priest. **Susan Rothbaum** is Associate Director of Sorting It Out.

EXPLORING THE SELF THROUGH MUSIC
This workshop is intended to provide a cross-cultural survey of how music is used to facilitate self-awareness, promote personal growth and provide social stability. The presentation will include recorded examples as well as work with chants, guided imagery with classical music, body effects of music, creating music through improvisation, and contemporary trends in music and movement. **Jerry Moore** is an instructor of music at College of the Redwoods and is currently on leave exploring growth through music in San Francisco and around the world.

ANALYTICAL TRILOGY OR INTEGRAL PSYCHOANALYSIS
This workshop attempts to explain the way that Analytical Trilogy (Integral Psychoanalysis) works with the individual's feelings (religion), thoughts (philosophy) and accomplishments (consciousness), to obtain a rapid recovery of patients from their physical illnesses and neuroses and an accentuated improvement of their psychoses. **Norberto Keppe** created and now presides over the Society of Integral Psychoanalysis (Analytical Trilogy), organized Psychosomatic Medicine at a Hospital in Brazil, and has written numerous books.

Sunday 1:00-3:00 pm

A COURSE IN MIRACLES AS A TRANSPERSONAL PSYCHOLOGY
A Course in Miracles is a Christian mystical text describing an applied transpersonal psychology. It offers an integrated thought system utilizing relationships as the focus for a path which combines aspects of karma, bhakti and jnana yogas. We will examine its implications for both personal practice and humanistic/transpersonal theory. **Frances Vaughan** is a psychologist in private practice in Mill Valley, California, and author of *Awakening Intuition*. **Roger Walsh** is a psychiatrist on the faculty of the University of California Medical School and co-editor with Frances of *Beyond Ego: Transpersonal Dimensions in Psychology*.

EXPLORING THE SHADOW
This workshop is designed to offer ways of seeing the many "faces" of the Shadow, what for Jung was an integral part of human psychology. The Shadow can best be understood as negative forces that express themselves as difficulties in experiencing fear, anger, resentment, and other aspects of physical and psychological violence. We will offer both didactic and experiential ways to approach and transform negative emotions and feelings, personally and collectively. **Tony Joseph** has a background in psychology, myth and astrology, and teaches and counsels throughout the country. **Lynne Ericksson** is a massage and acupressure therapist with a wide range of experience in the visual arts, journal-keeping and astrology.

ENERGY METHODS FOR INTEGRAL TRANSFORMATION
Integral meditation is an innovative approach based on the use of energy to transform consciousness. We will explore how to align, concentrate, assimilate and radiate psychospiritual energies to vitalize our body, transmute our emotions and illumine our minds, in order to transmit potent spiritual energies for the transformation of the world around us. **Robert Gerard** is a psychologist in private practice in Los Angeles and President of the International Foundation for Integral Psychology. **Janice Gerard** is a professional artist and art therapist.

Socio-Political

HYPNODRAMATICS FOR SOCIAL AND POLITICAL TRANSFORMATION
Participants will select and then explore in hypnosis, through fantasy and hypnodrama methods, social and political problems, and emerging from hypnosis will share experiences and critique the process and its results. **Ira Greenberg** is a psychologist in private practice of hypnotherapy in West Los Angeles.

Organizational

BURNED OUT? TRY INDUSTRY
Humanistic industry? You bet. The most successful companies treat people holistically and with respect. Thinking of a career transition? We will explore the pros and cons of a shift into industry, and learn the career success skills that can make for a smooth transition. **Frederick Gilbert** works with Hewlett-Packard and operates his own career consultation business, after ten years in humanistic psychology, community health and university teaching.

INTIMACY AND EFFECTIVENESS IN SOCIAL ACTION ORGANIZATIONS
This workshop is an exploration into the relationship between interpersonal dynamics, organizational goals and social action organizations. Based on the notion that interaction organizations generate qualities that are opposite to those valued by the organizational ideology, participants will examine the dynamics of their own organizations. **Abigail Grafton** is the founder and Director of the Sonoma Institute, an alternative graduate school of clinical psychology.

AHP—A WORLDWIDE PERSPECTIVE
This year's International Activities session, in addition to providing an overview of humanistic psychology activities worldwide, will include expression of feelings, experience and ideas through such mediums as dance, poetry and reflection. **Fred Massarik** is chairman of AHP International Activities. **Anna Wise** and **Jym MacRitchie** are European AHPers.

Sunday
3:30-5:30 pm

WORKSHOPS — 3:30-5:30 pm

CONVERSATION WITH CARL ROGERS, author of many books, one of the founders of humanistic psychology, honored friend of AHP, and major contributor to the field of psychology.

Personal/Interpersonal

ENHANCING YOUR HEALING SKILLS
This workshop offers participation in biofeedback and imagery techniques designed to facilitate healing and health maintenance skills. There will be small group work with biofeedback instrumentation designed to increase participants' awareness of dysfunctional physiological responses and how to correct them. Closing guided imagery will be used to promote relaxation, circulation and warmth. **Marjorie Toomin** is a psycholoigst and Director of the Biofeedback Institute of Los Angeles. **Sandra Thomson,** a psychologist, is Director of Training, and **Pamela Pine** is Assistant Director of Training at the Institute. **Joan Reighley** is a nurse educator.

CREATING A WORLD IN 25 MINUTES OR LESS: AN EXERCISE IN PERSONAL SPACE
This workshop will give participants an opportunity to experience three variations of an exercise in proxemics in which the emotional and interpersonal factors involved in establishing and maintaining personal space are demonstrated. Participants will engage in a variety of personal space exercises. **Ted Balgooyen** is a Professor of Small Group Behavior and Interpersonal Communication, San Jose State University, and a clinical psychologist.

FACILITATING CHANGE THROUGH SENTENCE-COMPLETION WORK
This is an opportunity to become acquainted with some of the fundamentals of this technique, emphasizing its utilization in generating change in growth by interrupting self-conscious mechanical patterns by means of explicit, focused awareness. It is used, in effect, as the lens to focus consciousness in a manner calculated to interrupt these automatized patterns. Participants will have an opportunity to observe, experience and practice the technique. **Nathaniel Branden** is Executive Director of the Biocentric Institute in Beverly Hills.

BRAVE NEW LOVE: CREATING CONSCIOUS CHANGE IN LOVING ABILITY
Love is a complex emotion, an essential nutrient and a powerful energy involving skills which can improve with practice. This workshop will look at the various qualities of love, from erotic love to compassion, and the specific ways they can be practiced to direct the course of the evolution of love in our lives and in our times. **Stella Resnick** is a clinical psychologist and gestalt therapist in private practice in Los Angeles.

SPEAKING SOMEONE ELSE'S LANGUAGE
Experience the change in your process when you speak someone else's language. This workshop is designed to provide an experience of how differences

in language structure affect communication and cultural patterns, using English and Japanese as examples. **Keiko Matsuura** was born and raised in Japan and has had various public speaking and teaching experiences.

DEALING WITH ANGER: ITS CREATION AND ELIMINATION
Anger and resentment are an escalation of fear and guilt which require a shift of responsibility and blame outside of oneself. This workshop will explore the mechanisms by which this shift of blame onto others takes place. Exercises and other tools for the elimination of anger and resentment will be offered. **Donald Leon** is a lawyer; psychologist; marriage, family and child counselor; and businessman. **Judith Boyd-Leon** is a research psychologist, metaphysician and healer.

BECOMING THE POSSIBLE HUMAN: USING BRAIN-MIND RESOURCES IN YOUR LIFE
This workshop presents the results of a recent study of the implications of the brain-mind revolution for the next 20 years. Participants will have the opportunity to experience such brain-mind capacities as multisensory processing, extended memory, the kinesthetic body, left-hand talk, accelerated time production and the visual mind. **Diane Battung** is a co-founder of LIFELINE, a support network for educators, and a national contributing editor for the education section of the World Future Society.

LETTING GO: A CHANGE PROCESS
We hold onto some things long after they bring us pleasure or happiness — whether they be unsatisfying jobs, rigid behavior patterns, or hurtful feelings. The purpose of this workshop is to explore a process by which to "let go" of attitudes, feelings and behaviors that hold us back and stop us from changing. **Karen Goodman,** a former coordinator at the Humanistic Psychotherapy Studies Center in Philadelphia, is Director of Humanistic Associates.

BARKSDALE SELF-ESTEEM WORKSHOP
This workshop provides a simple, clear-cut approach to improved awareness of why people feel toward themselves the way they do. Participants will examine the values, concepts and beliefs with which we have been conditioned and which have planted the seeds of low self-esteem. Then, through various exercises and processes, participants will attempt to achieve an experience of self-acceptance. **Bob Romano** is instructor for the Barksdale Self-Esteem programs in Los Angeles.

MOVEMENT IS LIFE
This workshop is for couples who want to explore more satisfying and creative ways of being together. Too many expectations of a relationship frequently overwhelm our intentions. By allowing yourself to flow with the movement, dance, music and fantasy experiences of this workshop, you may become aware of change taking place without planning. **Connie Moerman** is Director of the Mental Health Associate Training Program at Montgomery College. **Sidney Fine** is a research psychologist at Advanced Research Resources Organization in Washington, DC.

STOP IN THE NAME OF LOVE—INTERVENING WITH CHEMICALLY DEPENDENT PEOPLE
Chemically dependent people do not have to "hit bottom." There is now an effective, humanistic method that families, employers and helping professionals can use which will help the dependent person confront his/her problem and begin the process of recovery. There will be a background lecture on chemical dependency (including alcoholism), a description of the intervention process, discussion and role-playing. **Louis Krupnick** is supervising counselor at the Alcoholism Recovery Center at Desert Hospital in Palm Springs. He grew up as a "co-dependent" of an alcoholic.

MEN AND THEIR RELATIONSHIPS WORKSHOP
Middle class men are under assault. They are living in self-made prisons devoid of feelings and lined with judgments about what it means to be masculine and moral in today's culture. This workshop is designed for persons wanting to effect this population and restore balance between the mind and feelings/experiences. **Gerald Evans** is a founder and Director of the Men's Resource Center of greater Philadelphia, which provides individual and group services for men from the business community.

Professional

GESTALT SYNERGY™ METHOD (double session; refer to Sunday, 1-3 pm for description)

Sunday 3:30-5:30 pm

THE HUMAN POTENTIAL MOVEMENT GOES TO COLLEGE
This workshop will offer an exploration into the Masters Program in Holistic Studies at Antioch University West. **Will Schutz** is author of many books, including *The Interpersonal Underworld (FIRO)*, *Joy*, and *Profound Simplicity*. He teaches at Antioch University West in San Francisco.

GETTING PUBLISHED SUCCESSFULLY
This workshop should give the writer an awareness of how to prepare material for submission to publishers, develop manuscripts of popular appeal, and then how to work with a publisher to see to it that the finished book reaches the largest possible audience. We will cover the publishing process from conception of the idea, through the development of an outline and proposal, to finding an agent, and finally a publisher. **Jeremy Tarcher** is President of J. P. Tarcher, Inc., publishers.

BARTERING FOR THERAPY IN HUMANISTIC PSYCHOLOGY
This workshop is on the use of barter as an alternative payment plan and therapeutic adjunct.The ethics of humanistic psychotherapy are often tarnished by the legitimate economic imperatives of the practitioner. The barter system provides a viable economic option, a conceptual model consistent with humanistic principles, and introduces an existential tool that can be used as a therapeutic aid. **Paul Rappoport** has been using barter in his private practice for two years, and has researched, discussed and is presenting and writing on the topic.

EXPERIENTIAL FOCUSING
Focusing is a quiet, gentle, meditative way of getting in touch with one's whole "felt sense" of a problem, issue or situation, and, through specific steps, achieving a "felt shift", a piece of bodily resolution of the problem. Focusing is a skill that can be learned and has been found to be crucial to successful psychotherapy. **Neil Friedman** is a clinical psychologist and frequent presenter at AHP events.

THE LOGIC OF ILLOGIC
This workshop will offer a demonstration and skill-building exercises utilizing paradox, right-brain processes leading to acceptance/change. The nonexistence of resistance will be demonstrated. **Eric Marcus,** a psychiatrist, is an internationally recognized teacher. He is author of *Gestalt Therapy and Beyond* and will soon publish *The Logic of Illogic.*

Transpersonal

COMPARATIVE TOPOLOGY OF PEAK EXPERIENCE, PEAK PERFORMANCE AND FLOW
This workshop is designed to compare peak experience, peak performance and flow. Information will be shared verbally and with media presentations. Limited activities will involve participants, and discussion will be invited. **Gayle Privette** is a teacher of humanistic and counseling psychology with special research interests in peak performance.

Sunday 3:30-5:30 pm

TRANSFORMATION OF THE BODY IMAGE
This workshop will present an in-depth approach to modification and development of various experiences of the physical body, such as optimum health, self-healing, weight control, and insuring dynamic, healthy and creative older years. Transformational imaging techniques and autogenic processes that can be incorporated into a regular meditation program will be presented experientially. **Winafred Lucas** is a clinical psychologist who gives workshops in transformational imaging and holistic health around the world.

METAPHORS OF SELF-TRANSFORMATION
We will explore experientially several metaphoric/symbolic approaches to the transformation of consciousness and personality, studied from the point of view of transpersonal and depth psychology, mythology and psycho-spiritual growth teachings of East and West. **Ralph Metzner** is Professor of East-West Psychology at the California Institute of Integral Studies, and author of *Maps of Consciousness* and *Know Your Type.*

T'AI CHI: TRAVELS ON THE WHEELS OF CHANGE
T'ai chi is a meditative dance that crystalizes the energies of change in nature. It evokes landscapes — energies of change in nature. It evokes landscapes; organic, rhythmic, and inextricably is connected to archetypal imagery and breath meditations, we will use t'ai chi to create rituals celebrating change. As a dance of opening, flowing energy, this process can make change conscious, effective and harmonious. **Talia de Lone** is Director of Bubbling Springs, a taoist movement meditation center, and has been teaching and leading workshops in t'ai chi for over a decade.

TOWARDS A CONSCIOUSNESS FOR TRANSFORMATION, HARMONY AND HEALING
This workshop is intended to expand the participants' consciousness of the process of transformation naturally inherent in all living things and includes a multimedia presentation of nature as teacher and healer. The following experiential component is designed to enhance the participants' self realization of the interconnected oneness of all human beings. **Ron Bugaj** is a physical therapist with international, educational consulting and field experience with Project HOPE.

WORKSHOP IN RELIGIOUS EXPERIENCE
This workshop will begin with a general description of the nature of religious experience. Attenders will then share in small groups what each considers personal religious experiences. The whole group will then meet to agree on a group concept and further explore the topic. **Walter Houston Clark** has taught, lectured and written books in this field.

Socio-Political

MERGE™: A SYNERGISTIC COMMUNICATION GAME
In a challenging simulation game you will experience the difficulties and pleasures of communicating information to people who have an entirely different perspective of the same information. Your communication assets and liabilities will be exaggerated. If the information merge takes place, a synergistic accomplishment in the form of the product is produced. **Diane Reifler** consults in organizational behavior and assisting individuals in making business and personal decisions. **Joe August** is an organization and education consultant.

Organizational

MASCULINITY AND SUCCESS AS A WOMAN LEADER
Most past evidence suggests that effective management requires masculine characteristics. This workshop will explore, in shared small groups, whether new and even more effective styles of leadership which incorporate more feminine values are possible for women managers. **Bernard Bass** is Professor of Organizational Behavior, SUNY-Binghamton.

MYSTICS AND MANAGERS: THE WAY OF THE EFFECTIVE EXECUTIVE
The Way of Life, the ancient Chinese work by Lao Tsu, points the way to the wise management and administration of people. Through group discussion and presentation, we will speculate on what kind of manager Lao Tsu would be in a modern corporation and discuss the appropriateness of his view for today's corporate leadership. **Tom Ventresca** is a trained counselor interested in the therapeutic process of workshops.

AHP EXECUTIVE BOARD MEETING
An open business meeting for anyone interested in the proceedings of the Board. Everyone welcome.

AFTERNOON: *Monday, August 31*

Monday
1:00-3:00 pm

FORUM — 1:00-3:00 pm

THE HUMAN: LIMITED OR LIMITLESS?
AHP's rich history and exploration of models of the person will assess human theory adequate to the 1980s challenge of the moral majority and Reagan politics; the human as both shadow and light. **Carl Rogers, Frank Reissman, Charles Hampden-Turner, Nora Weckler, Jean Houston** and **Floyd Matson.** Moderated by **Jacqueline Larcombe Doyle.**

WORKSHOPS — 1:00-3:00 pm

CONVERSATION WITH HYEMEYOHSTS STORM. Author of *Seven Arrows, Song of Heyoehkah* and President of NAMA will discuss "Journey Into Philosophy."

Personal/Interpersonal

THE NONEXISTENCE OF PHYSICAL VS. PSYCHOLOGICAL ILLNESS
The age-old battle of whether an illness is physical or psychological only illustrates the ignorance of the individual who argues its cause. When the practitioner fully realizes there is no true line of demarcation he/she is then ready to do justice to his/her patient. This workshop will include a discussion of an experiment illustrating this lack of differentiation. **Sidney Walter** is a psychologist in private practice and is on the staff of the Sherman Oaks Community Hospital.

EXPERIENTIAL FOCUSING
This workshop will present the concept of experiential focusing, a structured, introspective technique developed by Eugene Gendlin. A presentation of relevant theory and research will be given along with a demonstration and exercise on the use of focusing for personal change. **Lucinda Gray** is a psychologist working to integrate experiential focusing with neo-Reichian and meditative techniques. **Marta Brisco** is a biofeedback and relaxation trainer, and psychological assistant at the Los Angeles Family Institute.

EXPLORING THE MALE MACHO TRAP
We will look at why men find it hard to escape their gender roles; how men are trapped into the macho role. Men's areas of encultured inferiority and the guilt which locks men in will be examined along with men's compensatory responses, which may soon include nuclear war. **Roy Schenk** has been studying, writing and speaking about men's forms of oppression for over ten years. He is currently writing a book on the topic.

THE ART OF SELF-EMPOWERMENT
The art of self-empowerment can be learned. Permission and awareness, however, do not by themselves create change. This workshop is designed to add the specific information and tools that people can use to take back their power from the environment, and empower themselves to reach those goals that they desire to lead a more fulfilling and creative life. **Carol Briseno,** educator and management consultant, is a member of the University of Southern California Advisory Board of Intergenerational Dialogue.

THE EVOLUTION OF THE COUPLE AND THE ART OF RELATIONSHIPS
Oscar Ichazo, founder of the Arica School, describes the couple as an ongoing dynamic process through stages and levels of development. Knowing these stages of development, we learn to take changes in our couple relationships in stride, thereby cultivating the art of relationships based on the knowledge of process. **Steve Wolf** is a doctoral student at the Humanistic Psychology Institute and an Arica instructor. **Verrel Reed** teaches courses in the Arica method at San Jose State.

SELF DEFENSE—A HUMANISTIC PERSPECTIVE
This workshop will examine the area of personal, practical self defense and how it may be compatible with a humanistic orientation. Much useful information will be shared, along with valuable perspectives on creating positive ways to deal with the threat of violence to ourselves and others. **David Allen** and **Deborah Allen,** founders and Directors of Peacetraining, conduct self-defense workshops, which focus on the inner qualities of security as foundation for the outer.

THE ULTIMATE IN RELAXATION AND MOVEMENT —TRAGER PSYCHO-PHYSICAL INTEGRATION
Each participant will enjoy experiences and be able to learn new skills in a lighter and freer way to work, play, live and love through the innovative learning approach to relaxation and movement re-education created and developed over the past 50 years by Milton Trager. Each person will feel a mini-Trager experience and learn some basic skills that can be shared with others. **Paul Ash** is a Trager practitioner, writer, healer and community leader trained in clinical psychology.

Monday 1:00-3:00 pm

MOURNING AS A RESPONSE TO CHANGE
While most of us articulate a commitment to change and growth, we often experience personal resistance. This workshop will enable participants to get in touch with one facet which interferes with change, a sense of loss and the accompanying grief and mourning. Together, we will examine these feelings as well as set specific goals for dealing with personal change. **Richard Cohen** is Director of the Community Mental Health Center in Jamaica, New York.

THE FIRST TWO YEARS OF LIFE
Professionals, parents of young children and people exploring their own early dynamics will learn and share new information regarding the first two years of life. How we can effect personal, social and political change with more consciousness and advocacy for natural birthing and development through relationships will be explored and defined. **Natalie Robinson-Garfield** is a psychotherapist in private practice, parent counselor, consultant to early childhood programs, family arbitrator and single parent.

EXISTENTIAL ENCOUNTERING
This workshop will offer participants a group experience to explore methods and strategies from the approaches of gestalt, psychodrama, fantasy and psychotherapy, with emphasis on open self-expression and authentic interaction. It will be of special interest to participants working with group approaches in the counseling professions. **Jeff Henning** is a counselor/group therapist at Saint Anthony Hospital in Columbus, Ohio, and served as a counselor in Ohio drug and mental health agencies.

THE TECHNIQUE OF INTERIORIZATION: THE EXTERNAL WORLD IS ONLY A SMALL IMAGE OF OUR INNER UNIVERSE
Interiorization is a tool to dismantle the false image which the person has built up of him/herself. It helps bring to consciousness his/her reality in its healthy and pathological aspects. **Claudia Pacheco** is a psychoanalyst in Sao Paulo, Brazil, editor of the *International Journal of Analytical Trilogy,* and general secretary of the Society of Integral Psychoanalysis.

MALE-FEMALE RELATIONS
The objective of this workshop is to show in practice how personal experiences are related to political events; especially, to deepen and clarify understanding for the need to work on oneself in order to change society. This relationship has frequently been claimed and stated, but rarely been made concrete and practiced. The next important aspect which needs practicing in this context is to correct and change without being punitive; also, to be courageous and steadfast without being hostile and aggressive. **Ingrid Essien-Obot** is a clinical psychologist with ten years of professional experience. She is presently teaching in the Department of Sociology in Calabar, Nigeria.

Professional

A GESTALT THERAPY APPROACH TO CHILDREN AND ADOLESCENTS
You will experience an approach to working with children and adolescents that involves a variety of creative expressive techniques placed within the framework of gestalt therapy philosophy, theory and practice, and used to help children express innermost feelings. This is for therapists, teachers and parents. **Violet Oaklander** is Director of the Center for Child and Adolescent Therapy in Hermosa Beach, California, and author of *Windows to Our Children.*

THE ARTIST BEHIND THE HANDICAP
Through video-tape and open discussion, we will look beneath such handicaps as retardation, autism, illiteracy, etc., to disclose the artist. The fuller humanness is sought, via artists and their techniques, not by reducing art to psychology, e.g., art therapy, but by bringing psychology closer in touch with the hidden artist. **Mike Arons, Robert Masek, James Barrell** and **Don Rice** are all with the Department of Psychology at West Georgia College. **Carmi Harari** has a private practice in Manhattan, New York.

HUMAN STRESS AND HUMAN ENERGY IN SCHOOLS
You will have the opportunity to discover the sources of stress for learners and teachers in schools and many practical techniques for increasing energy and cognitive awareness, while reducing anxiety and stress. Participants will learn classroom versions of movement, relaxation, breathing and imaging strategies as well as new ways of structuring learning environments. **F. Hanoch McCarty** has been studying classroom stress and energy directly in classrooms k through graduate school for the past eight years.

Transpersonal

AUTOGENIC TRAINING (AT) FOR CREATING HARMONY AND HEALTH

This workshop will explore the history and development of autogenic training and how to apply it in daily life to achieve complete relaxation and deal with functional health problems. Printed handouts provide continued training in AT skills. Presenter will give witness to healing of a long-standing malady he experienced through use of AT. **Don Parker** has worked with the conscious mind and developed the SRA Reading Labs. He now shares tools for tapping unlimited powers of the subconscious mind.

CREATIVE CHANGE: WAYS OF TRANSFORMATION FROM FOLK TALES

This workshop is designed for rediscovering some of the truths in the often overlooked wisdom of folk tales. We will experience how they point the way to creative change. **Margaret Buck** has explored folk tales for over ten years. She has been a chemist, a teacher and is now a biofeedback trainer and storyteller.

FACING THE TIGER: JEALOUSY AND TRANSFORMATION

What can jealousy teach us in our journey toward personal transformation? An integrated model for understanding the experience of jealousy from personal, interpersonal and transpersonal perspectives will be presented. Through lecture, discussion, guided fantasy, and small-group processes, participants will explore jealous experience and behavior, and tools for working with jealousy. **Walt Voigt** is Professor of Psychology at the California Institute of Integral Studies and a clinical psychologist in private practice.

MULTI-DIMENSIONAL DREAMING

This workshop will explore dreams as a tool for change, using demonstration and group participation. We will look at the various levels of the dreaming experience with emphasis on emotional awareness, spiritual guidance and controllable dreaming. **Robert Swartz** is a staff member of Connexions and specializes in holistic therapy.

FLOWER ESSENCES: TOOLS FOR TRANSPERSONAL GROWTH AND UNFOLDMENT

Flower essences are transpersonal tools which enhance self-awareness, self-understanding, assist in transforming self-limiting emotions and attitudes, and promote a more natural state of health and well-being. This workshop focuses on understanding the history, operation, selection and usage of essences for both helping professionals and individuals seeking harmonious personal growth and transformation. **Marilyn Arnett** is a private consultant, facilitator and trainer who has led numerous workshops in health, mental health and education for the last ten years.

Socio-Political

COOPERATIVE ACTION: AN APPROACH TO CONSCIOUS SOCIAL CHANGE

This workshop will offer a specific method for integrating personal, spiritual and social change through loving commitment. Participants will learn effective methods for clarifying personal social vision; assessing resources and potentials; involving and working with others; and successfully planning and implementing positive change in themselves, their environment and the social process. **Georgia Berland** is a consultant in social planning and human service programming, with 15 years experience as a therapist, community organizer and administrator.

HUMANISM AND THE MORAL MAJORITY

We believe that in the next four years people in the humanist movement will have to pay close attention to the socio-political sphere or else they will lose their freedom. Our panel will provide a forum for the expression of the philosophy of the moral majority and humanist movement in an attempt to develop a workable compromise between the two points of view. **Stanley Krippner,** panel moderator, is a past president of AHP, editor of *Psychoenergetics,* and a faculty member of the Humanistic Psychology Institute. **Susan Shore,** head of a human relations project called SERT, is also hostess for the television program "Loveline." **Walter Houston Clark,** founder of the Society for the Scientific Study of Religion, is a Professor of Psychology of Relations at Andover Newton Theological School. **Louis Barnes, Jr.,** is Executive Director of the Californians for Biblical Morality, Moral Majority of California. **David Noebel** is President of Summitt Ministries and is writing a book on Christianity, Humanism and Marxism. **George Peters** is founder of CNI and has been involved with mind-body evaluation, integration and transformation for 15 years. Panel coordinated by **Rodney Kinney**.

Organizational

WORK SELF/REAL SELF

Various pressures inhibit us from expressing our real selves at work. Men may find it difficult to be soft and sensitive; women may give away their power and authority. Through role-play, discussion and movement analysis, we will explore the barriers to a fuller, more natural expression of self on the job. **Tom Ucko** is a San Francisco-based consultant in human relations and career development. **Claire Cohn** works in San Francisco as a psychomotor therapist and a consultant in body image and non-verbal communication skills.

THE LIFEGAIN HEALTH COMMUNITY WORKSHOP

This workshop is designed to help individuals understand the impact of cultural norms on their health, to identify the norms of their culture which they want to change, and to develop individual

wellness plans. It provides an opportunity to explore supportive systems for wellness in families, friendship groups, organizations and communities. **Robert Allen** is a clinical psychologist whose primary interest is creating supportive environments. He is author of *Beat the System: A Way to Create More Human Environments* and President of Human Resources Institute in New Jersey.

THEME COMMUNITY CLOSING, MONDAY, AUGUST 31, 3:30-5:30 PM

This will be an occasion for members of each Theme Community to gather as a group for one last time prior to the conclusion of the Conference. After the Closing, all Communities will merge together to form the AHP Community, celebrating with a Dinner Picnic.

OTHER EVENTS

PAUL WINTER AND THE WINTER CONSORT IN CONCERT WITH AL CHUNG-LIANG HUANG, Tuesday, September 1, 8:00-10:30 pm

Tickets: $7.50, $8.50, $9.50; available at the Conference or in advance, c/o Steve Cloud, PO Box 4774, Santa Barbara, California 93101. Concert will include selections from "The Tao of Bach", which Al Huang and Paul Winter's Consort performed in New York. Paul Winter and his group blend classical music, jazz, ethnic music and the songs of nature into a special music dedicated to the natural world.

FILM PROGRAM

Saturday, August 29, 10:00-11:40 pm

—*Toward a Caring Community* (30 minutes). This film won a New York Films Award in 1979. It portrays the birth of a child within a community. It is both moving and educational.

—*As Long As There is Life* (40 minutes). This film is about the Forest family, a young couple with two children, faced with the death of the mother. It demonstrates the role of the Hospice Home Care Team in helping the family members cope with this crisis.

—*Fritz Perls: Master of Change* (30 minutes). The thrust of Fritz Perls' work was to break up patterns and rigid ways of seeing and being. In "The Case of Mary Kay" one can see Fritz at his best. **Jack Gaines,** author of *Fritz Perls, Here and Now,* will present the film and lead a discussion.

Monday, August 31, 10:30-11:40 pm

—*AHP Slideshow.* **George Leonard,** past-president of AHP, will be narrator.

—*Math: A Moving Experience* (30 minutes). Designed to inspire appreciation and use of creative movement and humanistic values in elementary education, this film is directed by **Teresa Bender Benzwie** who will be available for discussion.

—*Ripple of Time* (30 minutes). This unusually fine documentary is the first film of its kind to show that sexuality is not the exclusive province of the young.

A GALLERY SHOW

continuous throughout the Conference

EMERGING WOMAN: SELF-UNDERSTANDING THROUGH EXPRESSIVE ART

Pictures from the art journal of **Natalie Rogers** depicting a decade of mid-life transitions.

LUNCHEON MEETINGS

Saturday, August 29, 11:45 am-12:45 pm
AFTER AHP: CAMPUS DEVELOPMENT

This meeting will explore how what is learned at humanistic conferences can be applied "back home". Emphasis will be on learning from participants, as well as sharing our own experiences with interdisciplinary faculty support groups, English Composition classes, and meditation groups. Together we will develop plans for implementation during the coming year. **Glenn Frankenfield** specializes in psycholinguistics and teaches English Composition at the University of Maine. **Mick Bransky** specializes in humanistic education at the University of Maine.

Sunday, August 30, 11:45 am-12:45 pm
GRADUATE PROGRAMS IN HUMANISTIC PSYCHOLOGY

This session will give a brief overview of some of the programs for advanced study in humanistic psychology. **Irv Katz,** coordinator, is on the faculty at the University of Humanistic Studies, San Diego.

Monday, August 31, 11:45 am-12:45 pm
GRADUATE PROGRAMS IN TRANSPERSONAL PSYCHOLOGY

Representatives from various graduate programs with transpersonally-oriented curriculum will describe their offerings. **Walt Voigt,** coordinator, is on the faculty of the California Institute of Integral Studies, San Francisco.

AHP NOT-SO-SILENT AUCTION

In January AHP began a fund-raising effort—the Silent Auction. Throughout the Conference we will continue the Silent Auction, and on Sunday night, preceding the Presidential Address, we will have a Not-So-Silent Auction. You can join in the fun of the Silent Auction by . . .

- bringing a contribution to UCLA;
- submitting a bid on one or more items or services;
- making the Not-So-Silent Auction a rollicking good time for everyone—and profitable for AHP.

Please don't send anything to the AHP office prior to the Conference. A table will be set up in the Hospitality Area for accepting contributions and taking bids.

INSTITUTES

Wednesday-Friday, August 26-28 (beginning at 10:00 am)

INSIGHT TRAINING
Insight Training is a practical growth process designed to help create more loving relationships. We will view a wide range of personal and interpersonal perspectives. **Jack Canfield** is Director of Educational Services of Insight Training Seminars and co-author of *100 Ways to Enhance the Self-Concept in the Classroom;* his forthcoming book is *Learning to Love Yourself.*
Russell Bishop is Vice-president and Director of Training for Insight Training seminars.

Thursday, August 27, 1:00-9:00 pm (with a dinner break)

THERAPEUTIC IMAGERY AND VISUALIZATION
Imagery and visualization are practical tools that allow a person in distress to work with a health care professional in both diagnosis and treatment. Topics include healing, guided imagery, relaxation and self-regulation. **Dennis Jaffe** is a clinical psychologist at UCLA School of Medicine and Director of the Learning for Health Clinic. His latest book is *Healing from Within.* **Jeanne Segal** is a consultant to business and health care practitioners, a former staff member of the Center for the Healing Arts, and author of *Feeling Great: A Guide to Health and Happiness.*

ANDROGYNY AND ACTUALIZATION
We will explore the union of opposites within the psyche—the principle of androgyny—and how this can positively affect relationships. **Niela Horn** is a member of the Gestalt Institute of New England, on the staff of AHR-Beacon College, and an organizational consultant. **Ed Elkin,** a psychologist, is on the faculty of the University of Humanistic Studies, Los Angeles, and author of *Transitions: A Transpersonal Gestalt Primer.*

TRANSFORMATIONAL THEATER
Transformational theater is an experimental form in which a group undergoes a transformative process which they then present to a large audience as a participational theatrical event—in this case a presentation of *The Divine Androgyne* at the Conference Monday evening. **Anand Veereshwar** has been involved in professional theater and has held workshops throughout the United States and Europe.

CONSCIOUS CHANGE THROUGH UNCONSCIOUS PROCESS
Neuro-Linguistic Programming (NLP) combined with hypnotic techniques will be used to demonstrate the tools for successful change, enlisting the unconscious to work for consciously desired change. **Norma Barretta** and **Philip Barretta** are both therapists, lecturers, trainers and certified practitioners of NLP.

TAKE A BREATHER: AN INSTITUTE OF SKILLFUL BREATHING
We will focus on the ways skilled attention to the breath can affect mental and physical well-being, spiritual awareness and success in relationships. Dress for free breathing and movement. **Stella Resnick** is a clinical psychologist, a gestalt therapist in private practice and has written about gestalt, sexuality and spirituality.

THERAPEIA: SACRED PSYCHOLOGY
We will explore ways of restoring sacrality to psychological processes, and of tapping the place where the vision is gained, meaning is found, and healing and transformation take place. **Jean Houston,** a pioneer in the exploration and development of the study of human consciousness, is co-author of *The Varieties of Psychedelic Experience* and *Mind Games: The Guide to Inner Space* and author of *Lifeforce.*

Jack Canfield

Russell Bishop

Dennis Jaffe

Jeanne Segal

Anand Veereshwar

Friday, August 28, 9:00 am-5:00 pm (with a break)

ENERGY AWARENESS AND CREATIVE SEXUALITY
Using energy awareness exercises and visualizations, you will discover ways of loving that are spiritually and physically creative, nourishing and enduring. With no explicit sexual activity, you will experience imaginative and harmonious sexuality. **George Leonard,** past-president of AHP, is author of *Education and Ecstasy, The Transformation, The Ultimate Athlete* and *The Silent Pulse;* and teaches aikido. **Annie Styron** conducts workshops and counsels individuals in energy awareness and its application to wellness.

GROWING BEYOND EGO: TRANSFORMATIONAL CHANGE
This workshop, focusing on mastery of change and transformational process, is for professionals interested in expanding their skills in transpersonal psychotherapy. **Frances Vaughan** is a professor at the California Institute of Transpersonal Psychology, a psychotherapist in private practice, author of *Awakening Intuition,* and co-editor of *Beyond Ego: Transpersonal Dimensions in Psychology.*

GLOBAL 2000: TOWARD A HUMAN WORLD ORDER
We will integrate socio-political analysis, global spirituality and creative growth process; will study the relationships between human development and world order; and will explore initiatives for alternative world futures. **Patricia Mische** is an educator, a lecturer, co-author of *Toward a Human World Order, Beyond the National Security Straitjacket,* and editor of Global Education Associate's *The Whole Earth Papers.* Her forthcoming book is *Women, Power and Alternative World Futures.*

COMMUNION: A TOOL FOR TRANSFORMING PERSONAL RELATIONSHIPS AND COMMUNITY
Doing exercises in collective tuning which use music, movement and meditative processes, you will be encouraged to create rituals for communion in daily life. **Gay Luce** is a psychologist, founder of SAGE, and author of *Body Time* and *Your Second Life.*

EXPERIENCING THE TRAGER WAY
Trager Psychophysical Integration and Mentastics is a dynamic process of non-verbal communication with profound applications to the great variety of fields which serve the development of the whole being. By facilitating the release of deep-seated patterns in the body-mind, the Trager approach effectively works with stress reduction, self-image enhancement and the release of creative abilities. This Institute will include experiential sessions and discussion of the relationship of Trager, Feldenkrais, Alexander, rolfing, and Touch for Health. **Betty Fuller** is Director of the Trager Institute, a humanist counselor, and an instructor of Feldenkrais Awareness through Movement workshops.

MILLENNIUM: PATHWAYS TO THE FUTURE
We will glimpse into the 21st century at the potentials of the humans who will walk on earth at the dawn of the third millenium. **Alberto Villoldo** is an internationally-known speaker and researcher, co-author of *Realms of Healing,* and co-editor of *Millennium.* His soon-to-be-published book is *The Magical Brain.*

Niela Horn

Ed Elkin

Jean Houston

Frances Vaughan

Patricia Mische

Alberto Villoldo

Norma & Philip Barretta

Stella Resnick

Annie Styron & George Leonard

Gay Luce

Betty Fuller

POST~CONFERENCE COMMUNITIES

Tuesday, September 1, 2:00 pm — Thursday, September 3, 5:00 pm

We asked a number of people why they are staying for the Post-Conference Communities. Here are some of the answers:

"I won't have to hurry and leave."
"I'm an intense person. I want to go deeply into whatever I'm doing."
"I want to relax into the friendships that are forming."
"I want to be a part of an ongoing community network."
"I want to make a difference and this is where the difference will be made."
"I will get a chance to take a second look and see people I didn't notice at first."

Selected resource people will meet with each community, and each group will rely on its own members' skills and resources.

The Post-Conference Communities are an extra-fee event. You can register on site in the Volunteer Office anytime throughout the Conference. All Post-Conference Community participants must have a name badge which will be required for admission.

ACKNOWLEDGEMENTS & THANKS

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AN INVITATION TO JOIN AHP

The Association for Humanistic Psychology—a world wide network for the development of the human sciences in ways which recognize our distinctively human qualities—links, for support and stimulation, people who have a humanistic vision of the person; encourages others to share this view; and shows how this vision can be realized.

AHP is currently adding a societal orientation to its historic concern with individual and interpersonal behavior. Social issues are now receiving increased attention in AHP conferences, the *Newsletter* and local activities. A correlated objective is to increase and diversify AHP membership. The AHP Executive Board therefore recommended a new membership fee schedule, a major feature of which is the introduction of a reduced-fee ($20) non-professional membership. The new fee schedule was approved by membership vote and became effective July 1, 1979.

GENERAL MEMBERSHIP ($20) is offered to anyone who wishes to support AHP's goals and to participate in its activities. Benefits include:

- monthly AHP *Newsletter*
- discounts on AHP publications, tapes and conferences
- discounts on special resource materials
- voting privileges
- general membership card
- the opportunity to participate in chapter and network activity in your community

COMPREHENSIVE MEMBERSHIP ($40) is offered to anyone who is or wishes to become professionally involved in humanistic approaches in the human services or who has an intense interest in the field. Includes benefits of general membership plus:

- quarterly *Journal of Humanistic Psychology*
- listing in and free copy of the new AHP *Resource Directory*
- free copies of selected AHP publications
- priority for attendance at special events
- professional networking services
- comprehensive membership card

SUSTAINING or ORGANIZATIONAL MEMBERSHIP ($100-500) is open to those individuals or organizations who wish to offer additional support of AHP. Includes benefits of comprehensive membership plus:

- multiple copies of publications
- listing of organization in the AHP *Resource Directory*
- certificate for organizational support of AHP
- discount on special AHP services: consultants, speakers, etc.

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Growing Old–Or Older and Growing ..... Carl R. Rogers
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Humanistic Law Enforcement ..... Stephen Woolpert
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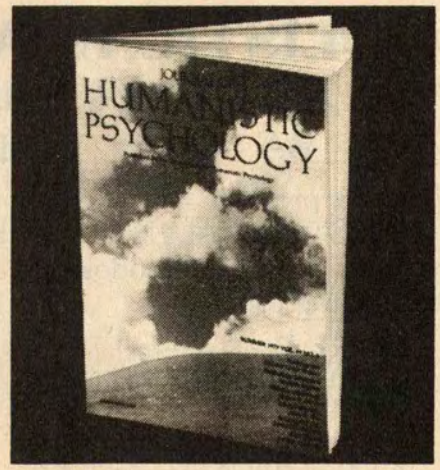

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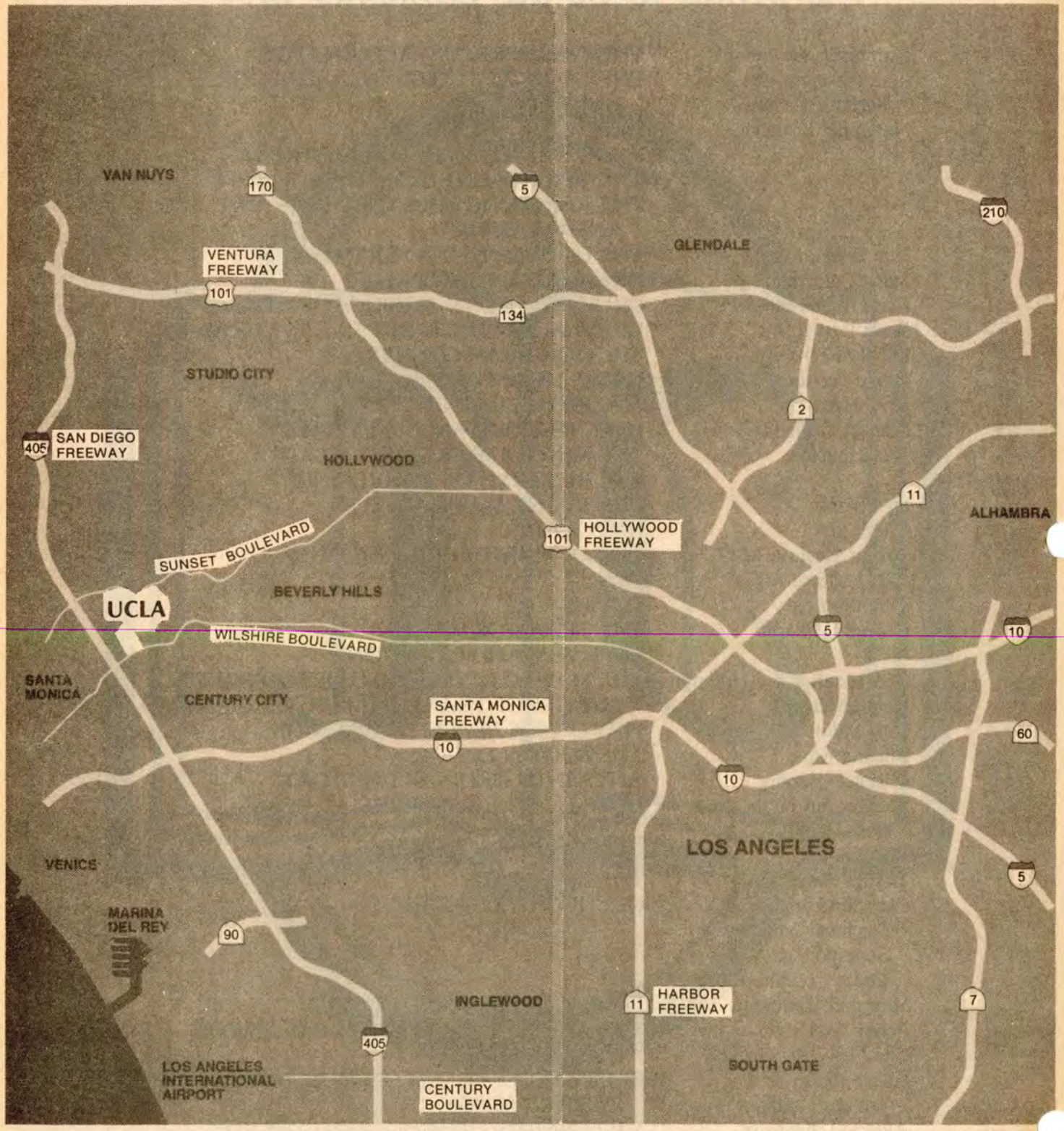

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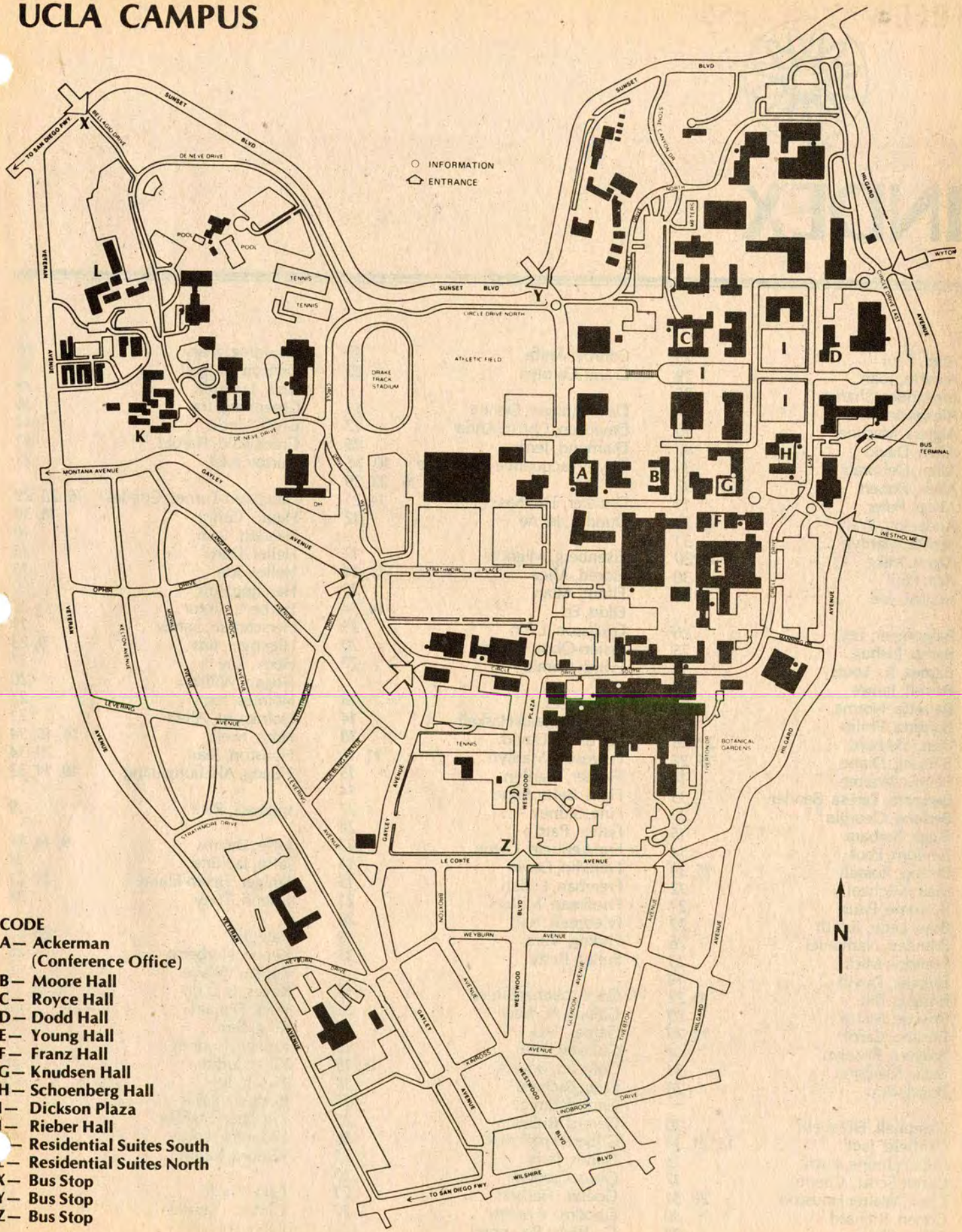
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Institutes (August 28)	$ 55	$ 55	$ _____
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TOTAL SINGLE ACTIVITIES REGISTRATION $ _____

OR

DISCOUNT PACKAGES	AHP Members	Non-Members
A Conference + Post-Conference Communities (August 28-September 3)	$130	$145
B Conference + two Institutes (August 27-September 1)	$185	$200
C Conference + two Institutes + Post-Conference Communities (August 27-September 3)	$225	$245

TOTAL PACKAGE REGISTRATION $ _____

AHP MEMBERSHIP:
( ) General $20 ( ) Comprehensive $40
( ) Organizational $_____ ( ) Sponsoring $_____
( ) check here if group rate applies.

TOTAL REMITTANCE (U.S. Funds only) $ _____

FOR AHP USE ONLY
MS# _____ Tot Pd $_____
Hsg Cd _____ AHP Cntrl #_____
Pckg _____
Inst _____
AM _____
TC _____
Mbshp _____

Name _____

Street _____

City State Country Zip code

Will you be housed ( ) on-campus ( ) off-campus
( ) Send information on the Children's Conference
Mail to: AHP, Kim Rouse, 325 Ninth Street, San Francisco, California 94103

INSTITUTE SELECTION
( ) August 26-28: Canfield & Bishop
( ) August 27: _____
( ) August 28: _____

COMMUNITY SELECTION _____

CREDIT CARD REGISTRATION
Charge my ( ) Mastercharge ( ) VISA
Card # _____
Amount $ _____ Expiration Date _____
Signature _____
For phone in credit card registration call (415) 626-2375

CHILDREN'S CONFERENCE REGISTRATION FORM

"Creating Change: Your Self, Your World"
August 28-September 1, 1981, UCLA

Child(ren)'s Name(s):

_____ Age _____

_____ Age _____

_____ Age _____

_____ Age _____

Your Name _____

Address _____

City/State/Zip _____

Phone: Area code _____ Number _____

☐Enclosed is a check made out to Baby Dance for $55.00 (includes $5.00 food fee) for each child registering for the Children's Conference.

Return this form to Elysa Markowitz, the Baby Dance Institute, 4061 Wade Street, Suite A, Los Angeles, California 90066. For more information call (213) 397-7363.

Association for Humanistic Psychology
325 Ninth Street
San Francisco, California 94103
(415) 626-2375

AP

CREATING CHANGE: Your Self, Your World

19th ANNUAL CONFERENCE
AUGUST 28-SEPTEMBER 1
UCLA

Here are a few of the featured presenters:

Al Chung-liang Huang
Alberto Villoldo
Betty Fuller
Bill Bridges
Carl Rogers
Charles Hampden-Turner
David Zeller
Dennis Jaffe
Floyd Matson
FrancesVaughan
Gay Luce
George Leonard
Harold Greenwald
Hyemeyohsts Storm
Ilana Rubenfeld
Jack Canfield
Jacqueline Larcombe Doyle
Jean Houston
Jeanne Segal
John Naisbitt
Marilyn Ferguson
Mike Murphy
Natalie Rogers
Niela Horn
Patricia Mische
Paul Winter
Rick Ingrasci
Stanley Krippner
Stella Resnick
Tim Gallwey
Tom Hayden
Walt Anderson
Will Schutz