Dear Mom, Dad,

As usual, I begin with an apology for not writing for so long— as usual, the reasons are the same. Life goes on...

Virginia Satir (famous family therapist) conducted a 3-day seminar for 150 social workers here in Maple last week. I was one of the lucky ones who got to attend. She's been doing therapy & research for 30 years; really seems to know what she's talking about. Her theory is that everything is related to your self-awareness & what you do with it. When people commit crimes, do poorly in school, etc., etc., it is because they have very low self-esteem. The reason they have low self-esteem is because they aren't in touch with themselves and others. Her solution to this is therapy aimed at the process of communication, rather than trying to punish or treat the result. If a family is not communicating well, one or 2 members usually wear symptoms of this—such as being withdrawn or acting out. In the past, we have tried to treat these members separately from the family by isolating them from the family & the rest of society—eg., foster homes, jails, mental institutions, etc. Satir has discovered that if one of these persons is removed from the family, another one begins to take on similar symptoms, beca. the dysfunctioning is not there. In other words, nothing has been accomplished. So when she does therapy, she works with the whole family at the same time; in the presence of each other. Through constantly asking them to comment on how they feel or react to something that is said by another family member, she increases their self-awareness of themselves.
others. When a person is aware of what's going on inside them, they feel that there are others who understand them, their self-worth raises, and they can cope better with their daily stresses. Her emphasis is the here and now, not what happened to you when you were in the womb. Underlying all this is the belief that everyone who breathes has a brain that can grow. There is no such thing as a hopeless case.

Her other basic premise is that man is basically good, which is very refreshing to hear. If a person does something wrong, which harms another, it's not like they want to or intend to - it is rather a comment on their own self-worth: Their interpretation of what price they must pay to survive in a relationship with others. A therapist using her method thus becomes non-judgmental and concentrates on the client's reaction to the situation, rather than society.

The Satir method was what I was taught in that month-long training session I attended before going to Duluth. It was really great to get it right from the horses mouth. Naturally, everyone has their own variation. Most of the people at this seminar feel that the Satir method would work for Satir but not for them - many are afraid of her method. Her method involves total honesty, yet the therapist does not maintain professional distance - they have to get involved... that's both threatening and time-consuming.

McCarthy was here a week or so ago - see his handsome! We got there real early so we could sit in the front row. We even got to shake his hand! He's really something. I'm getting increasingly impatient with people who call him a bore, a loser, or not endorse him. They're really missing the whole point: everything he and his followers stand...
People have forgotten already (for practical purposes such as the election) what happened at Chicago - not the hippies, but the fact that McCarthy & Kennedy ran away w/ all the primaries - had the popular support of the people (but not the machine, obviously) - yet didn't get the nomination. Despite this, people are willing to vote for Hoffer - not Lee, they believe in him or like him, but because he's "better" than Nixon & Wallace. They gripe a little about the lesser of 2 evils, but they'll still play along w/ the machinery that is insulting their intelligence or judgment. As long as a party can continue to win elections, power w/ these tactics, they'll continue to use them. If people would step back & look at the situation instead of panicking or voting for Humphrey, I'm sure they'd see that we have to put an end to this mis-use of democracy. We're going to always be denied a choice if we don't put our foot down. Say NO. In campaigning for and voting for liberal legislators & local politicians, but I intend to vote NO for president. To make any system work, there must be a certain degree of compromise - but the DFL is asking too much. In drawing the line. In the next four years, we're going to take over the DFL - we, the people.

The Silent Planet Speaker is back on the presses, but there's been a little turn over of management & personnel. The quality should improve too. We're joining forces w/ a few other groups who are more closely connected w/ some of the things going on around here - which means we have more reporters & writers. Getting the people on the clerical side is still presenting a problem, however. The next issue should probably be out next week.
Today the Mobilization Committee to End the War in Vietnam sponsored a peace march through downtown Apple. We had a very good turn out - the parade was 2 blocks long and was conducted peacefully.

The Grape Boycott is gradually gaining strength in Minn. - the season runs through Jan. People are finally agreeing not only to refuse to buy grapes, but to refuse to shop at stores which carry grapes. Dayton's is the prime target here. Bee & Be's Target food stores & Applebaum's. I'm told that some group is planning on turning in their Dayton's charge cards in support of the boycott - which sounds a little silly to me.

Well, I guess that's about it as far as news. I would strongly recommend you pick up the Oct 26 issue of Ramparts - it's got an excellent article on Huey Newton. The current issue of Harper's features Norman Mailer's report of the back stage activities at the DK convention, is quite excellent.

Hope all is well with you both.

Love,

[Signature]