

10-25-68

Dear Mom: Dad.

As usual, I begin w/ 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 Nuph last week. I was one of the lucky ones who got to attend. She's been ~~gon~~ doing therapy & research for 30 years & really seems to know what she's talking about. Her theory is that every thing is related to your self-awareness & what you do w/ it. When people commit crimes, do poorly in school etc etc it is bec. they have very low self-esteem — the reason they have low self esteem is bec. they aren't in touch w/ themselves and others. Her solution to this is therapy ~~and~~ 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 If a family is not communicating well, one or 2 members usually wear symptoms of this — such as being withdrawn or acting out.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 those 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 if one of these persons is removed from the family, another one begins to take on similar symptoms, bec. the dysfunctioning is ^{still} there. In other words, nothing has been accomplished. So when she does therapy, she works w/ 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 ~~own~~ awareness of themselves

others. When a person is aware of what's going on inside them
others, feels that there are others who understand them, their
self-worth raises, they can cope better w/ their daily stresses.
Her emphasis is the here & 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 can grow &
change - there is ~~no~~ no such thing as a hopeless case.
Her other basic premise is that man is basically good -
which is very re-freshing to hear. If a person does something
wrong or which harms another, it's not bec 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 w/ others. A therapist
using her method thus becomes non-judgemental & concentrates
on the client's reaction to the situation rather than society's.

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
though - 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 bec it involves total honesty & the therapist does
not maintain a "professional distance" - they have to get
involved ... that's both threatening & time-consuming.

McCarthy was here a week or so ago - gee he's
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 sore loser for not endorsing HHH. They've
really missed the whole point & everything he & his followers stand

fr. People have forgotten already (for "practical" purposes such as the election) what happened at Chicago - not the hippies & yippies bit, but the fact that Mc Carthy & Kennedy ran away w/ all the primaries & had the popular support of the people (not w/ the machine, obviously) & yet didn't get the nomination. In spite of this, people are willing to vote for HHH - not bec they believe in him or like him, but bec he's "better" than Nixon or Wallace. They gripe a little about the lesser of 2 or 3 evils, but they'll still play along w/ the machinery that is insulting their intelligence & judgement. 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 panicing & 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. I'm 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. I'm drawing the line. In the next four years, we're going to take over the DFL - we, the people.

The Silent Planet Speaks is back on the presses, but there's been a little turn over of management & personnel. The quality should improve bec. 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 for 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 N.Y. We had a very good turn out - the parade was 2 blocks long & 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 because of its Target food stores & Applebaums. 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 DFE convention & is ^{also} ~~really~~ quite excellent.

Hope all is well w/ you both.

Love -

Andy