

1995-98 IV AG 3-0

**Intercambios de la cuarta etapa de correspondencia (febrero 1995-julio 1998)**  
IV-12, IV-14, IV-15, IV-21, IV-25, IV-28, IV-50, IV-51, IV-52, IV-53, IV-54, IV-55,  
IV-56, IV-57a, IV-57b, IV-59, IV-60, IV-62, IV-70

**Grupo análisis, una manera de vivir**

entre  
**Alfreda Galt**  
Entonces Presidenta en funciones de la Lifwynn Foundation  
Y

**Juan Campos Avillar**  
Entonces Vicepresidente Primero de la IAGP

WinFax PRO Cover Page

To err is human...



Dear Alfreda,  
Nothing further from my heart than to cause you any distress. All was just a big misunderstanding. Only Hanne and myself have read the play so far and nobody else will. We thoroughly understand and accept your point. You do not have to submit the issue to the board. The play will not be produced, still I feel is a good example of this social neurosis of ours. Hurrew was inviting us to mitigate with a social self analysis.  
Forgive us again, love and a big hug

Juan and Hanne

to forgive is good business.

Grup d'Anàlisi Barcelona Phone: (93) 417 5039 Fax: (93) 418 7748

To: Campos, Juan

Fax Number: 418 7748

From: Campos & Campos Correspondencia AG-JC 4ª Etapa (1) (1995-1998) pgs: 1

Date: 17/04/95

2

WinFax PRO Cover Page

# WE JUST HAD A MOVING EXPERIENCE.



Grup d'Anàlisi Barcelona Phone: (93) 417 5039 Fax: (93) 418 7748			
To: Juan Campos		Fax Number: 418 7748	
From: Campos & Campos		Pages: 2	Date: 17/04/95
Correspondencia AG-JC 4ª Etapa (1) (1995-1998)			3

II-AG 14

**By return FAX 15/04/95, 4:51:12 PM Spanish time**

Dear Alfreda

Thanks, many thanks to your prompt and lovely answer. I did not expected you to get enthusiastic about the "The Dreams Interpreter". I am well aware of your reticence about it. I am also aware the play does not makes any favor to the building up of "Burrow's social image" But that is as far as he could go with six years of self-analysis, his individual analysis with Jung and Freud's refusal to analyze him together with his wife. But that is from he -and hundred of generations since Hippocrates departed! His merit is on what he, you, we do with our common neurosis!

My idea would be to produce the play by an amateur crew at an alternative stage during the Congress, translated to Spanish and with old costumes. I an sounding of the idea with some of my Argentinean friends who are in the field, and I have the feeling that we may do some \$ for The Lifwynn Foundation with this production. Any old how. ~~The idea has been good enough as in turn making you formulate the other proposal -the no papers talk in grupo analysis. It is great, I'll keep you informed.~~

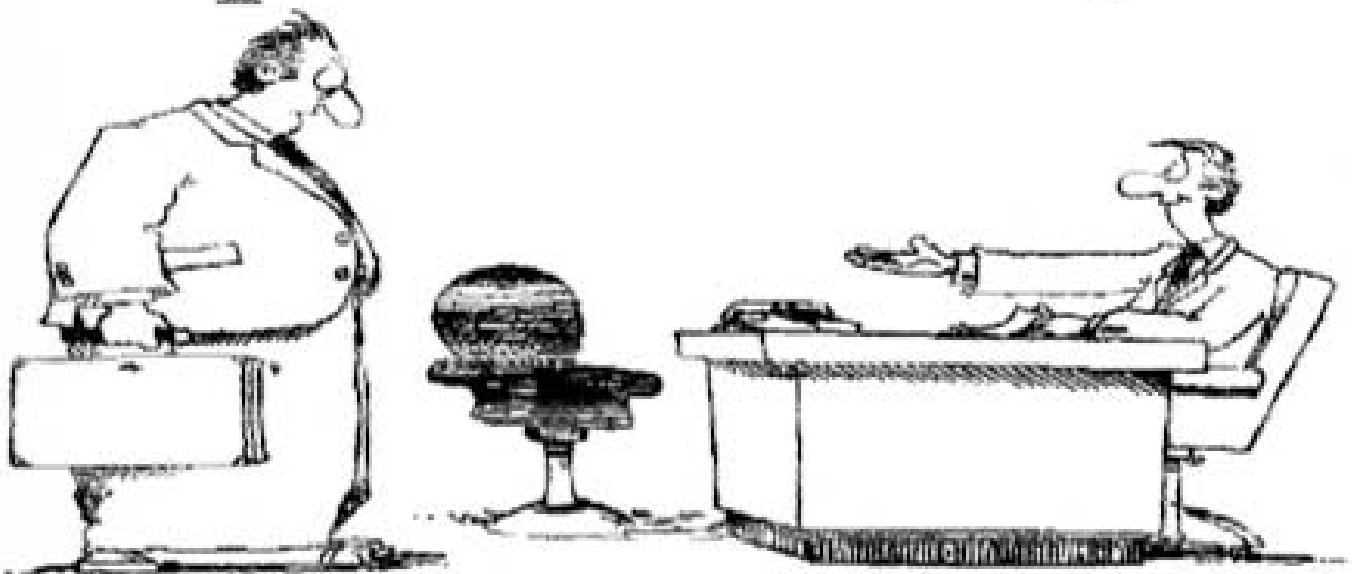
By the way, regardless if we are to produce the play in BA or not, would The Lifwynn Foundation authorize me to have it transcribed and translated. It is my feeling that if it does not yet deserves to be put on stage, the play at least deserves an article. You have since 1950 done your best to save Burrow's papers, it is time we do something to get people getting seriously interested on reading them.

We will comment extensively on your paper. I agree with Ulman on the APA! However, if anything I would like to hear more from The Lifwynn Foundation than from Burrow. ~~The same that happened with Eowles' GMPAC the most revolutionary thing in Burrow was the "social organization" they inspired.~~

Love fro Hanne and myself

Tuan

# If you can squeeze me in,



# We'd like to drop by and discuss the following...

Grup d'Anticipacions, Phone: (93) 417 6630, Fax: (93) 418 7748

To: Always Call

Fax Number: +37, +1203-254 8863

From: Compaq & Compaq

Pages: 3

Date: 2/28/95

TV AG 15

June 2, 1995 21:12

Dear Alfredo,

I am so sorry of having turned you into a early-wake-up-fun-addict. I will do my best not to get you into yet another deprivation syndrome. Mind, I tell you, frans and computers are **hossand!** Regardless, they have a function to fulfill.

I am so glad and confused as yourself regards Shields' family. Most of what you say is new to me. And, of course, it sparks my curiosity. For instance, was Elizabeth the one with whom he corresponded while in Had Homburg? By the way, I do not have the **correspondance from Clarence Shields and Burrow to the people at the Camp but only the one that was sent to the Camp.** The correspondance of Clarence Shields to his family could be a good source.

Back to data. C.S. was speaking so tenderly of his step-mother, what about his own mother? Getting bloody psychoanalytical, do you think that may be the reason why he never married after the death of his first limosee? It would be of help if you could draw a geneogram of C.S. Also, his life itinerary... it has no meaning to me Quakertown, William and Marshall. Did he or his family belong to any Church? That would be important. Very interesting, your hunch about the fine epidemic.

I am well aware that his relationship with Nelly was not quite "as I think", but what kind of relationship was it? Did his family know anything about this relationship or about any other relationship with a female companion?... as I gather through the bits and pieces from the Had Homburg correspondance file. I have the feeling that he was quite open with his sister. Maybe when you are in California you can have another chat with Elizabeth on the phone.

What I think would be of help is to see if the family structure of C.S. has anything to do with the community life had in The Lifwym Foundation. In which of the houses was he living and when, etc.?

Back to the first sentences of your letter. We have not finished the book yet. We had our hands (hands) full with two Workshops and the Symposium of the Spanish Group Society which was had basically as a groupanalytic workshop, London style but Campish brand. Harrie has been reelected as president. It was a good four day experience. We wish you had been with us. Maybe next year.

That brings me back to Gatti. I have been corresponding with her and with Diego Napolitani with whom I will meet in Buenos Aires. The Italians have invited me for next November. Gatti is not very pleased with Malcolm Pinos' "rejection" of her paper. Neither is she happy with my comment in the sense that I did not share wholeheartedly her hypothesis of Foulkes' plagiarism of Burrow. I am afraid I was not tactful enough with a ditentive critica of this world. I will make up for it as soon as I can since I feel that she did in her own way a good job. But she cannot expect to understand Burrow by reading a few papers in a few months. Regardless, herself and the Italians, I feel, are truly interested and certainly much better prepared, if not to understand, at least to resonate with Harrow than anybody I have met in the Anglosaxon world, between you and me Max Rosenbaum included. I do have hopes that while in Buenos Aires I may negotiaste an invitation for you during the oncoming year. By the way, please don't throw the notes or the draft of the long version of your last article on Burrow. I am certainly looking forward to read it in its whole before sending our book to print. I did love your paper and I was very excited with it. Harrie and myself promise you to send you a detailed feedback once we have the chance to discuss it together since so far we just read it separately when it arrived.

I am not much looking forward to Buenos Aires. The IAGP is turning more and more political and I have no flair and no talent for this business. In part I go out of duty and for

the sake of the Section since I feel that if I am not there they either will have done with it or else convert it into something that has nothing to do with my own views on Group Analysis. Regardless, it is a good occasion to get in touch with our friends in Argentina in whose place we will stay and God know what... More enthusiasm I have for making a stop in Cuba on my way there. I would like to leave a first hand view of this "five experiment" before its done.

Just to finish, we envy your trip to Lake Tahoe. We have been there in our coast to coast trip in 1962. If you find my initials carved on a bench or in a cabin, be understanding with me. At that time I was still more ditentive than I am today.

If you have a chance to give a ring to the girl at Yale, ask her please what is going on with the real of my rapical? But, forget about it, I will write to her. They are not so efficient as w thought they are, I am afraid.

Looking forward to the new issue of LPC. If you authorize me, I will make copies for Buenos Aire. You can be sure, we will set up a stand there. That reminds me, I owe you still a few copies of The Structure... they will go by airmail next week...

Just to finish... I am so glad to hear that the telephone bills are not prohibitive and that we can still get some satisfAXion out of computerized writing. Love,

Tuan

Dear Alfreda, that's me, Haane... the typist headcock and bottle washer... I just want to tell you that you just have no idea how present you are in our everyday life... There I was sitting reading once again "The Social Neurosis: A Study in "Clinical Anthropology" and had just finished reading your "The Phenomenology of 'Normality'..." and there came your fox... I was asked to prepare an article on Burrow's ideas in a monograph on health, margination and drugs for the Journal of the Department of Anthropology of the Barcelona University where I am working towards my Ph.D. in Sociology of Health. As the central theme I have chosen addiction (of all!!!). I am interested in making known the Bailey Forum Conference on Addiction and the social self inquiry you have been conducting. I will draw on the material Tuan has on this, of course respecting the confidential material some of the group has marked as not to be used publicly. (!!! Juan is infiltrating my message to you: Along these last years, have you furthered any more thoughts on addiction? We have come to believe that the most pernicious addiction in modern times is private and collective narcissism, ye ole I-proud complex!! And, paraphrasing Freud's definition of the aim of psychoanalysis in 1904, we may say that group analysis is a re-education in overcoming resistances of men to become a human being, in the sense of a groupal being... )... As far as your article on Trigrant Burrow and the laboratory of the I is concerned, the very first impression was that here there is something basic about Burrow which everybody is able to understand!... I have to go back to it and will do so and let you have a more serious feedback... Like almost always, I have been overwhelmed with responsibilities and deadlines of activities and writings... Yes, I hope we will have a week's break before going to B.A., which seems just around the corner... Well Alfreda, do enjoy your vacation with your children and grandchildren... We will be in touch... With lots of love and a big hug.

Haane

IV AG 21

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July 25, 1995

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Dear Pat:

Perhaps Pam has already sent you a copy of my comments on the median group workshop in Cambridge last fall. I was not able to get it written until the spring and when I did it consisted mostly of a comparison of Burrow's approach/terminology and your own. I myself have been uncertain about sending it to you, not knowing whether you would feel it was unfair or unappreciative of your contributions to the workshop. But I read it over yesterday and decided that withholding it denoted a lack of trust in you on my part. I don't like not being open with you and also denying myself the benefit of whatever reaction you might want to share with me. So you will find a copy enclosed; I would be pleased if you felt inclined to respond.

At the same time I wanted to mention how much interest Peter Garrett's article on Group Dialogue in Prisons held for me. You distributed it toward the end of the workshop and I thought it was a very effective description of what must be a meaningful process for everyone involved. I hope it is all right that I have sent a copy to Joe Zorskie, the editor of The Dialogue Quarterly Newsletter published in Ojai, California. I don't recall seeing any reference in the Newsletter to such work and feel it is important for people to be aware of it. I am also sending copies of the paper to two friends who work in prisons, one as a teacher and one as a psychologist.

Copies of the latest issue of Lifwynn Correspondence were sent to friends in England about a month ago. I hope you received your copy and that it holds some interest for you.

How have things been going for you and your work? I have had a very busy year, mostly involved in writing but I just returned from a wonderful visit with my family in California. It included a week at beautiful Lake Tahoe with children, grandchildren and even a step great-grandchild. It was delightful because we all seemed to like each other!



Comments on the NSGP workshop, "Dialogue in the Median Group," convened in October 1994 by Patrick de Mare.

For me the workshop was a meaningful and absorbing experience. I regret that I have had to wait so long to put my impressions together--much of the detail has faded from memory, but certain experiences and learnings have remained and I will try to explain why they were significant for me.

I

First, I would like to speak of the high quality of the participants. It was pointed out in one of the first sessions that we were a privileged group: middle class, almost entirely white, able to afford the expense of the workshop. For me, this lack of diversity was mitigated by the presence of several people from other cultures, and by the variety of backgrounds among us.

The sophistication of the participants was something that impressed me. Let me explain what I mean by that: In 1926, as I mentioned at the start of the workshop, I took part as a teenager in the first group analysis, a forerunner of group therapy and subsequent group approaches. With my mother and sister I spent a summer at the Adirondack Camp of Trigant Burrow, M.D., as part of an unprecedented group investigation of societal dissociation and alienation. The participants, including Burrow and other therapists, were expected to observe their own reactions; to note the nature of motivations and feelings as they occurred; and to share

observations with the group. This was an exceedingly difficult task in 1926 when there had been virtually no group work and what had been done was largely didactic. It required not only a willingness but an ability to recognize one's own biases and to make them public as examples of what goes on in society-at-large.

In the sixties, as the human potential movement burgeoned, I took part in various groups. But though I found much emotional disclosure, I did not find the same questioning of one's feelings and motivations that I encountered in Burrow's groups. Now we are in the nineties, and I thought I heard in Cambridge something that sounded like a willingness to suspend assumptions, to question one's own feeling--not from everyone but from enough to be significant. It is something that I hear also in the dialogue group I attend in New York, and that is what I call "sophistication" in the field of group work. Amid all the horrors that surround us at present (racial discrimination, teen-age violence, Oklahoma City, etc.), it is heartening to find that change is occurring, albeit slowly. Of course the real test comes when one can hear such questioning from a fellow investigator, and be able to accept it as if from oneself (1).

In my informal survey of groups, I also did not find any (except the Tavistock model) that embodied, as did Burrow's, a conception of the pathology of ordinary give-and-take. So when I first heard of Pat's work in 1990, I was anxious to

learn more about it. He had observed elements of opposition (hatred, frustration) in median groups which interfered with harmonious social functioning and which could be dissipated through dialogue. I was eager to experience such a group, to discover what is meant by Koinonia, and to see whether it is related to the kind of attention that Burrow called cotention.

These questions do not feel abstract or theoretical to me because my sense of myself is inextricably tied up with my image of Burrow, and of the significance of the work pursued by him and his co-worker, William Galt, who was my husband for ten fulfilling years. Since my intention in attending the NSGP workshop was to compare Patrick's work with Burrow's social self-inquiry, these comments will be in the nature of a report on that subject.

## II

In our workshop in Cambridge, the entanglement of the social and the personal was constantly demonstrated. I was greatly moved, for instance, by the young woman who refused to perpetuate her own white skin; by Pam's report of the swan awaiting death from the plastic ring around its throat; and by the daughter sent with gifts for her father's Jewish relatives in Austria only to find no trace of them or of their entire neighborhood. In each of these situations and in many others disclosed in the course of our sessions, private tragedies were so embedded in public events and

attitudes that the place where the individual and the social  
meld could hardly be detected. I feel that attempts to  
interpret these stories in personal terms are not successful--  
-that there is need for the kind of social analysis  
introduced by Burrow in which the individual and society are  
regarded as two sides of a coin.

### III

I found the situation of the workshop was highly  
conducive to experiencing my own tendency to project "affect"  
("undue" emotional excitement) on to other people. That is,  
early in the workshop I found myself reacting with marked  
irritation to two of the participants. I became aware that  
each seemed to be doing something that I wanted to do--that  
is, demanding the attention of the group, telling it what to  
do, etc. In other words, I was in competition with the  
individuals I experienced as annoying. (Whether they were  
indeed manipulative and bossy is of course an open question.)  
This is what I call "projection" and I found that I could sit  
quietly in the group and turn my attention to the internal  
sensations that accompany projection. This procedure can  
relieve the intensity of the irritation/projection and  
sometimes actually dissipate it. I found the mood of the  
workshop, in contrast to that in many other situations,  
favorable to such proprioceptive experimentation which is an  
important component of social self-inquiry as presently  
carried out by members of The Lifwynn Foundation. We work as

a leaderless peer group, and in our Foundation meetings all the participants engage in such internal observation of neuromuscular sensations, while at the same time carrying on discourse regarding common problems. We find that this awareness of somatic processes provides a concrete background, a corporeal dimension, against which conflict, sentimentality or other distractions can be experienced as they occur.

I am describing this approach in detail because I felt that the NSGP workshop did not deal successfully with the conflict that arose during the conference between Patrick and one of the male participants. And I felt this was related to our having failed to approach the issue of leadership in a realistic way. It was stated early in the workshop that Patrick did not want to be the leader, but the pre-conference communications seemed to me to facilitate his being put in that position; and there had been an exchange of money based on the assumption that Patrick had something to teach the rest of us, as indeed he did. Moreover, our culture is committed to hierarchical relationships, a deeply sedimented trend that seems to require more than a verbal statement to reverse.

None of these factors came up in the meetings and in my opinion the resulting confusion led to the ugly situation that developed on Saturday and which remained unresolved when we parted (2). "Ugly" situations are a commonplace in most social settings--conflict is more or less ubiquitous

throughout society. Here was an opportunity to look at it as a common problem rather than in the usual stance of "taking sides." But this requires, in my experience, that the protagonists and the group as a whole adopt a truly egalitarian position and this did not seem possible in the workshop setting.

In contrast, the research setting developed by Burrow and his associates provides a situation in which the common trend to division can be examined as a public health problem; in which participants can recognize together that each embodies the kind of postures and assumptions that lead to defensiveness and projection; and that whatever conflict arises is only significant as an example of similar situations in society at large. I am not suggesting this method as a mode of conflict resolution--it is an investigation of the divisive elements in our daily social interchange that separate us from each other. And it includes always the somatic concomitants of this separation as they can be sensed against the background of the organism as an undivided whole.

What of my position as I write this--is there a smart aleck tone to what I am saying? Do I see myself as dispensing wisdom to the less enlightened? Am I indeed making a bid to wrest the leadership role from Patrick? Yes, all that is there and such self-oriented trends will, I feel, continue in me and in other human beings until there is a broad societal commitment to move back from our current

involvement in projection and self-justification, and submit that very trend to a searching examination. Meanwhile, we have the option of bringing it to awareness at least and recognizing it in ourselves and others as a common human problem.

#### IV

Now let me return to something pleasant: In the Cambridge workshop, I particularly appreciated the encouragement Pat gave to direct one-to-one conversations in the group--I don't recall having encountered this before. He demonstrated it first with himself and Marilyn, and it was then tried by others, enabling several of us to bring to consideration--by ourselves and the group--some longstanding hang-ups. There was the man who believed that better educated people considered him stupid; there was the Jew who asked poignantly whether he was "hated." I was able to overcome the sense of guilt and embarrassment that I feel with African-Americans and to speak of them directly to Adrienne, the only black participant in the group. This opened up a contact with her that I found meaningful. Indeed, I felt that these one-to-one exchanges were a valuable way of enhancing communication among us.

Earlier Marilyn and Eugene had conversed directly with each other and, though I could not hear what was said, the tone of the exchange was obviously in contrast to their previous communication. It led in part to Helena's

delightful fantasy regarding our shared dinner on Saturday evening. She envisioned our group as having pursued a difficult journey in unknown and perilous terrain and that we had returned in triumph to feast the bride and groom as they continued the one-to-one conversation they had started that afternoon. It was indeed a festive occasion and Helena's mythical interpretation was most appealing.

v

What is koinonia? I came to the workshop hoping that I would find out and I am not sure whether we experienced it. I certainly developed a great feeling of warmth and affection for the group but is this warmth what is subsumed under the word "koinonia"? How does a group know when it has reached this goal? If koinonia is a group mood and each of us partakes of it, how do I know that what I experienced was general? Must it be general in order to be described as koinonia? I hope these questions are addressed in the comments of some of the other participants.

And is koinonia related to the altered mode of attention that made itself felt in the course of Burrow's investigations and for which he used the term cotention? I don't think so. Cotention is the basic tensional balance of the human organism as individual and species, exemplified in its primary phase by the infant's complete identification with the mother. The function of cotention, however, is impeded throughout human relations by the over-accentuation



of the separate self which is hypothesized as having developed in association with the coming of language, and which occurs anew in each growing child (3). Social self-inquiry is aimed at understanding the social and physiological factors that impede the functioning of this homeostatic process, and keep us from experiencing our native sense of continuity with other humans. I do not think that koinonia as described in the book by that name includes such organismic elements.

My thanks goes to Pam for inviting all of us to contribute our comments on the workshop and to all those who are involved in printing and circulating them.

Alfreda S. Galt, President  
The Lifwynn Foundation  
Box 314, 1771 Post Road East  
Westport, CT 06880

May 4, 1995

(1) Perhaps the developing dialogue group movement offers the kind of situation in which such mutual openness is possible. If so, we can all be grateful to David Bohm and Patrick de Mare for their part in initiating it.

(2) My perception of this situation was as follows:  
One of the male participants (J) broke an unspoken rule by

constantly interrupting Eugene and thus preventing him from speaking. Eugene was absent from the next session, and Patrick was greatly concerned about the effect on Eugene of J's behavior that morning. He described the latter as "very aggressive" and accused him of actions which J later denied. But these accusations were not qualified by Patrick and remained as a statement of fact. In my view, Patrick's position in the group lent them a power they would not otherwise have had.

(3) Cotention is described in a number of Burrow's writings including Science and Man's Behavior, edited by William E. Galt (New York: Philosophical Library, 1953). Instrumental studies of changes in respiration, eye-movements and brainwaves as subjects shifted to cotention from our usual mode of attention are contained in an appendix to the book.

TU AG 25

*Dr. Juan Campos Avillar*

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08022-Barcelona, Spain

Phone. (343) 417 5639  
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Barcelona, Thursday 14th, September 1995

Dear Alfreda,

I have not one but two of your letters pending to answer. Let me tell you that your article was waiting for us at arrival, its printed copy reads still better than the one its proofs. Hernán Kesselman would like you to authorize them to translate it into Spanish for his students and latter to have it published in a professional journal of broad diffusion. There, in BsAs, people seem better attuned to Burrows' ideas than up North —I mean, than the Anglo-Saxons. I am looking forward to read the unabridged version of your "Laboratory of the I". Malcolm told me about his impression of your article and the letters he wrote you encouraging to turn the article into a book. I do to, and if you do, we would like to have its Spanish version published simultaneously. I wonder if you have any feed back from the other people you send copies. Some of the people you send copies I will see in Rome at the Congress of the Societa Italiana di Gruppo Analisi on November 17-19th where I have been invited. to give a paper on intolerance in the early Freudian groups.

The Congress went as well as can be expected —the usual Vanity Fair. The Section went too well to be true, and its success lead to its failure. Close to 150 persons and more than 10 organizations registered and 52 regular members of the Association attended the Business Meeting. Of course, that is very hard to be taken by somebody as Gautelier Earl Hopper, who appointed a committee to surveille what Malcolm Pines and myself are doing with the Section. The "I" person" is riding again! So, we are at stand still, giving rope to the dictator to hang himself. The problem, as I see it, is not so much what that implies from the Association or the Section but rather as symptom of the "neurotic situation" of our times. Frankly, I see the world sinking again into a pre-Fascist situation.

I did not manage to make a stop in Cuba during my trip to BsAs, none of the Airlines do. It comes cheaper to take a round-trip from here, but I doubt if I ever will go. I met a

G.A.ECTION M. BA

Cuban girl at the Congress and I do not feel Cuba is more co-tentive than the West or the East. Well, let us get into more pleasant matters.

Edi Gatti send me copy of part of her letter to you of September 7th. By the way, her last paper, "*Burrow's conception of prejudice as source of conflict in the individual and the group*", is by far the better she has written up to now. The girl is learning. Her account of the Italian feud with the people of Palermo over the translation of Burrows papers is basically correct. It is not completely exact that they refused to translate "The Structure of Insanity" as that they feel with their publisher that would be more commercial to publish an small of the same size with two or three fundamental articles of Burrow. I was approached with this sense and asked to help them to select the papers and write a small introduction. Knowing of Gatti's editorial project I advice them to get in touch with her first in order not to duplicate their efforts. You may see with which results! My feeling is that behind all this there are other matters on dispute. I know there has been a split in the COIRAG between the Milano Group headed by Diego Napolitani to which Gatti belongs and the one in Palermo headed by his son in law Girolamo Lo Verso, besides they have different clientele in mind, the first is rather addressed to sophisticated intellectuals, while the latter think on the large populations of psychology and educational students they teach at the University (they have 2000 copies sold of each book included on their reading lists). That should not concern us. The important thing is to preserve the fidelity of translations—I know by experience with my writings how careless Italians may be to this regard, they not even send proofs of what they translate—and to secure the copy rights, if they are any—seemingly Italian publishers feel free to translate any published material more then 50 years old. What I am concerned is that Burrow's texts may be cannibalized in Italy, made a fad for the consumers society and that with no profit for the Foundation. My suggestion would be that a "contract should be signed" including a clause on the sense that "authorized translations" be given only under the condition that those translations have to be reviewed by the Foundation or with the English original on the side.

In BsAs I bought a Compact Disk of Freud's complete works, a documental database, where you have the most dearing searches at your finger tips and ... in seconds! You can extract text, underline it, add notes without altering the original. I wonder if something of the like could no be made with Burrow's and those included in the Lifwynn Foundation bibliography. The basic and more costly thing implies scanning the text into the hard

disk. They are also cheaper ways as INFORMATIC EDITION in diskettes. The FLAPG (Latin American Federation of Group Psychotherapy) does so with the papers submitted to their congresses, a 250 pages book fits into a 1.42 MB diskette. I will explore further both ideas.

Well, I will say good nigh for today.

Love

Tuan

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January 16, 1996

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Emeritus, Albert Einstein College  
of Medicine, New York, NY

To the Members of the Advisory Committee:

With this, I am enclosing the following reports which were presented at the Annual Meeting of the Foundation's Active Members on December 17, 1995:

Lloyd Gilden's report as Research Associate and Director of the Lifwynn Laboratory at Queens College which I take pleasure in commending to your attention.

My report as President describing the various projects carried out by the office during the past year.

Maureen Cotter's report as Chairman of the Finance Committee together with the budget approved at the Annual Meeting. These two documents show that, without additional contributions, the Foundation's funds will support only limited operations beyond September 30, 1996.

If you have any comments or questions regarding any of these reports, we hope you will share them with us; and as always your advice will be most welcome.

With renewed appreciation for your continued concern for our efforts and with best wishes for the New Year.

Sincerely,

President

December 8, 1995

REPORT OF THE PRESIDENT

1994-95

Three four-figure contributions at the close of 1994 eased our financial strain and gave peace of mind for the remainder of the year. They were Mary Alice's generous gift to enable Maureen to carry out long-standing projects; Laurance Rockefeller's contribution; and the gift from John and Elizabeth Galt Hirsch in my honor and in memory of Elizabeth's father, William. As a result it was possible to increase Pat Hansen's hours and she was of tremendous help to me in preparing my paper for The Humanistic Psychologist and in carrying out the day-by-day activities of the office. Fortunately, Penny White was also able to continue to work here two evenings a week--her long acquaintance with the Foundation's program and routines is invaluable to many projects.

Writings

"Trigant Burrow and the Laboratory of the 'I'" appeared in the spring issue of The Humanistic Psychologist, and reprints were sent later to one hundred and six persons. Response was particularly warm from Malcolm Pines, editor of Group Analysis (London) and of a series of books on group analysis. He has encouraged me to expand the article into a book which he says would be "timely." Burrow "is due to be

rediscovered," he writes. "The book should deal with the debt [to him] of psychoanalysis both in the States and Europe. Burrow does stand on his own as a social thinker and because of his psychophysiology, but he is also part of the 'search for self' even if for the 'non-self.' There is a whole movement in psychology and philosophy, as you know, to review the Western need for an objective self and this should be reviewed [in your book]. I have just acquired 'The Embodied Mind' by F.U.Varela, E.Thompson, and E. Rosch, MIT Press, that takes this up."

Malcolm wrote also of my probable need for a collaborator or collaborators, and this is a question on which I will greatly value the advice of my fellow members and our Advisory Board. One notion that has occurred to me is the possibility of a different collaborator on a series of chapters, each devoted to particular developments related to Burrow's research.

The papers presented to the A.K. Rice Institute in 1993 --"Evolution of Attentional Processes in the Human Organism," by Steven M. Rosen, "Trigant Burrow's Group Analysis," by Lloyd M. Gilden and Montague Ullman's Discussion--were submitted to Group and rejected by them. Subsequently they were sent to William Piper, editor of the International Journal of Group Psychotherapy, with an introduction from Max Rosenbaum, but they were found to be not sufficiently clinical for that journal. All three are



excellent papers and complement each other so their joint publication would be desirable. It is important that we find a suitable outlet for them as soon as possible.

Experience and Concept: The Notebooks of Hans Syz, financed by a bequest from Dr. Syz, was edited by Deborah Hillman with an introduction by Jack Wikse. Deborah approached this project in a sensitive and scholarly way and has done a fine job of editing this difficult material. But the volume still raises puzzling questions which I hope my fellow directors will help me clarify when they have had an opportunity to read it.

#### Lifwynn Correspondence

As planned, only one issue of Lifwynn Correspondence appeared during the past year. This was the first edited solely by Mary Alice Roche and was a great credit to her. It contained contributions from participants in social self-inquiry which emphasized the unusual features of this process. The issue also included selections from Hans Syz's early writings and excerpts from articles about Trigant Burrow by Edi Gatti Pertegato and Margaret Arden, psychotherapists, respectively, in Milan and London. It was sent to nearly 500 persons, including thirty-eight subscribers.

The next issue will be the final one, due to our financial situation and we will lose what I have regarded as a valuable tool for explaining the nature of the Foundation's

work. Mary Alice plans to feature the subject of proprioception in this last issue, its definition and its significance to an appreciation of the underlying mood and motivation for our actions.

#### deMare Workshop

In October 1994 I attended the workshop on "Dialogue in the Median Group" convened by Dr. Patrick deMare in Cambridge, Massachusetts. Dr. deMare is one of the few investigators who is concerned about social pathology which he feels can be approached through dialogue in groups of twenty or more. His work was indeed, I believe, the original model for the dialogue groups spurred by David Bohm and now developing throughout the world. DeMare writes of a mood of "impersonal fellowship" which he calls *koinonia* and which can emerge through confrontation with the frustration and hatred of opposed cultures in median groups. I was naturally interested to know whether there was a relationship between this mood and cotention, and whether there was a similarity between his approach and phyloanalysis.

This was a five-day workshop with an extremely sensitive and intelligent group, but my perception was that the question of leadership was not adequately addressed. Moreover a painful estrangement between Dr. deMare and one of the participants was allowed to remain unresolved.

Following the workshop, participants were invited by Pam Steiner, who had organized the workshop, to write up their

comments for possible use in a monograph describing it. My commentary compares features of the workshop and of Burrow's approach, and copies are available for any of our members or Advisory Board who would like to see it. Incidentally, I sent a copy to Pat deMare but did not have any response from him.

### Italy

Edi Gatti Pertegato has completed two more papers on Burrow which were published in Rivista Italiana De Gruppoanalisi. One deals with Burrow and Foulkes; the other with Burrow and Freud; and they are now being translated for us. From the Burrow writings cited in these papers, I would say that Edi is concentrating on his work largely before 1930 which would imply an emphasis on his group analytic approach and technique rather than the discrimination of attentional patterns. This may be a fortunate trend and a way of drawing attention to Burrow's innovative approach at least which even in those early days focused on the societal nature of behavior disorder.

We are also awaiting Italian translations of a number of early Burrow papers which Edi has had made for possible publication as a volume, with the understanding that the Foundation has the right to review the translations for accuracy. In connection with this project, we requested a search by the copyright office which proved that only one of those she is translating is still under copyright. Subsequent

to the Buenos Aires Congress of the International Association of Group Psychotherapy (August) we heard from Edi and from Juan Campos that another group from Palermo, Sicily, was also interested in translating early Burrow papers. At their request, I wrote to the Palermo people to explain to them that Italian translations had already been made for certain papers. I have not heard from them and, since many early papers are now in public domain, I do not know what the upshot of this situation may be.

Juan Campos addressed the Italian Group Analytic Society in Rome in November. His paper emphasized, as he said, that "TB's Group Analysis is a re-education in overcoming resistance to recognizing the groupishness of the human individual." His talk, he reported, was well received but he does not think that the group analysts in Italy are as yet interested in the contentive aspects of Burrow's work.

I also heard from Juan that Edi Gatti Pertegato had completed a new paper, "Burrow's Conception of Prejudice as a Source of Conflict in the Individual and the Group."

### Spain

Juan and his wife, Hanne, continue their interest in all aspects of the Foundation's work--finances, history, publicity, writing, research, etc.--and we have exchanged a number of faxes during the past year. Juan has encouraged me to dig out more information about Clarence Shields who he feels remains a somewhat shadowy figure in the development of

phylobiology. As a result, I have been in touch with Shields' half-sister in North Carolina whom I knew at Lifwynn Camp many years ago, and have started to put together a profile of him. Recently I discovered two letters that Shields' had written to Mrs. Burrow during the International Congress of Psychoanalysis in Bad Hamborg in 1925. Juan, with his interest and expertise in the history of psychoanalysis, found these letters of great interest.

He also arranged for a display of Foundation material at the IAGP Congress in Buenos Aires, for which we sent copies of Lifwynn Correspondence, my recent paper, Toward Social Sanity, etc. Unfortunately the Foundation can no longer afford the \$225.00 membership dues to continue as an organizational member of the Association, but Juan has kindly offered to request that the fees be waived in our case.

He and Malcolm Pines are writing a history of group analysis in which a chapter by Juan will be devoted to Burrow. In a fax received December 9th, he raised several questions he needs answered for this chapter. Some of the questions regarding Freud are beyond my competence and I am sending Juan's list with this, hoping that some of the Foundation's other members can provide answers.

#### Transferring the Foundation's 1927-50 Files to Yale

The Department of Manuscripts and Archives at Yale requested these files many years ago to supplement the Burrow papers but it was never possible for us to take the time to

prepare them. With the imminent reduction or termination of the Foundation's activities now facing us, we realized that we could no longer postpone this task. It was an enormous job, requiring the screening of many folders for sensitive material and an overall check of the entire file in order to prepare a User's Guide. Fortunately, we had Penny's practiced help in doing so. For me, the benefit was my immersion for several weeks in historical material informative for future writings. These particular files tell more of the organizational life of the Foundation than the Burrow files. They include the correspondence file, the experimental file covering the instrumental work beginning in 1937, the corporate file, financial file, a daily diary from 1932 and lists of incoming and outgoing mail. The bulk of the files were transferred on November 1, 1995.

#### The Remaining Files

The Yale Library is also ready to receive, whenever we can send them, the transfer files from 1951 through 1989, which are now in our storage unit in Fairfield. They are of increased interest to them since Hans' papers are now being processed: While carbons of letters written by him as president are in his file, the replies are all in the Foundation's file. It is anticipated that the screening of this material--about four or five cabinets, plus financial records, minutes, etc.--will be less arduous than the earlier files because of the lack of patient material. I do not plan

to take part in the preparation of these records; Maureen and Penny, with Pat's help, will take charge of it.

#### Literary rights in the material going to Yale

In acknowledging the 1927-50 file, Dr. Kaplan raised the question of the literary rights to the Burrow and Foundation material. Knowing of the Foundation's uncertain future, she has suggested that these rights be turned over by the Foundation to the Yale Library. A final decision about this can wait until our Annual Meeting of Directors, for which a date has not yet been set. However, I hope that we can have a full discussion of this question at our annual meeting.

#### Fund-raising

A letter signed by me, as president, was sent in September with my Humanistic Psychologist paper to seventy-six close friends of the Foundation. Nine persons responded and contributed a total of \$2,660. This included extremely generous gifts from Stephan Syz and from Caroline Richardson whose contribution was in memory of Jane Sill Birge and Margaret Sill Rockoff.

I also applied again for a fellowship from the Guggenheim Foundation giving the names of Elizabeth Behnke, Juan Campos, Montague Ullman and Philip Woolcott as references. I am most grateful to all four for recommending a favorable consideration of my proposal. I will hear from them in March.

We were in frequent contact with Ms. Anne Halperin of Brookline, MA., whose enthusiasm for Burrow's formulations continues. Last year she was influential in obtaining a gift of \$1,000 from Fred Baerwald, president of the OCF Foundation. He had said last year that he would renew his contribution in 1995, but due to the illness and subsequent death of his wife, our request has not yet reached him.

After the close of the fiscal year, a request was made to Laurance Rockefeller for a renewal of last year's contribution. I am not optimistic that another gift will be received.

#### Social Self-Inquiry

We continue to meet approximately every four weeks at the Lifwynn Laboratory at Queens College. At these meetings, questions of policy for The Lifwynn Foundation are discussed as well as theoretical issues, all from the perspective of the organism as a whole with its sensitivity to the somatic--phylosomatic?--interferences that seem to be associated in our culture with the customary sense of self. We feel that our capacity to discriminate these secondary tensional impediments from the basic background tensions of the human organism has grown. Without the practice of social self-inquiry in our meetings and in our daily lives, the rest of the Foundation's program would be meaningless.

One project which received unstinted attention this year was my paper--two meetings were devoted to it entirely and it



benefited greatly from this attention.

At present we are experimenting with the possibility of a statement about proprioception which will embody a consensus on the subject by the members of our social self-inquiry group--a collaborative, psychoanalytic endeavor, still in the phase of becoming.

#### New York Dialogue Group

To give myself a further perspective on group work, I continued to participate last year in the extension of David Shainberg's dialogue group which has since his death been meeting at the home of Waltraud Ireland. Although this group is based on David Bohm's work, I have not heard much reference there to the proprioception of thought which is prominent in his formulations. But the atmosphere of openness, the questioning of assumptions, and the willingness to entertain innovative interpretations have made for some meaningful insights. I hope to participate in the group again when my leg is healed--I was on the way to a meeting when I injured it.

The Lifwynn Laboratory at Queens College will be covered by Lloyd Gilden in his report.

#### Correspondents and Visitors

I had wanted to add a section about some of the interesting people who have been in touch with the office in the past

year, but I realize that I cannot write much more and still get this to you before the meeting. However, I want to mention Richard Ball of Rochester, New York, a friend of the late Fred Stahly, who is continuing the latter's interest in instrumentation relating to cotention. Unfortunately I had to cancel a planned visit to his laboratory in October, but his expression of independent interest and initiative has been a positive development.

Maryhelen Snyder, a group therapist in Arizona, was the only person to write me as a result of seeing my article in the Humanistic Psychologist. She asked for more information about the practice of phyloanalysis and cotention, and I hope to hear from her again.

I have also exchanged papers with Mark Ettin, a therapist I met at the deMare workshop, who has written five books on the history of group psychotherapy and understands Burrow's position in it.

I also want to acknowledge the great assistance of Nancy Baker and Michael Sperber on my paper. Michael keeps in touch with us regularly and during the year attended one of the SSI meetings with John Spancake, whose particular interest is hypnotism. I would also like to mention the understanding I have received from Steve Rosen regarding the movement called the "deconstruction of science" and Burrow's seeming forecast of it many years ago.

There are others I would like to mention but time and space do not permit.

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We are at a difficult point in the Foundation's history and your help in wise planning for the future is essential. I myself am eager to devote more time to writing and less to organizational details. But without funds for adequate assistance, this may not be possible.



Alfreda S. Galt  
Alfreda S. Galt, President

THE LIFWYNN FOUNDATION				
				BUDGET
	FY 1994	FY 1995		FY 1996
<b>Income</b>				
Dividends/int fr. investments	\$4,568	\$3,610		\$2,500
Contributions	1,692	16,400		5,000
Dues	245	220		315
Trigant Burrow Trust	4,740	4,754		4,700
F.A. Guggenheimer Trust	4,368	3,810		4,000
Subscriptions, papers	497	358		350
Miscellaneous	656	233		200
<b>Total Income:</b>	<b>\$16,766</b>	<b>\$29,385</b>		<b>\$17,065</b>
<b>Expenses</b>				
Part-time staff	\$8,825	\$11,480		\$10,300
Consulting (MC)	6,650	5,543		7,600
Office expense (stat., supplies) Incl. tele. '94	4,637	1,357		1,500
Publication	3,730	2,296		2,200
Research *	852	1,294		
HS Publ. project **	541	10,756		
Legal and accounting	3,085	2,284		2,000
Telephone		1,958		1,500
Travel/conference		986		
Public storage	1,520	1,119		900
Insurance	500	500		500
Postage (in Off. Exp. '94)		165		200
Safe Deposit chgs.	423	287		150
Petty cash	325	255		250
Miscellaneous (incl. \$46 for IRS)	153	250		250
Computer consultant	235			250
<b>Total Expenses</b>	<b>\$31,476</b>	<b>\$40,530</b>		<b>\$27,600</b>
<b>Net Loss</b>	<b>(\$14,710)</b>	<b>(\$11,145)</b>		<b>(\$10,535)</b>
* Research reserve reduced				
** HS Publ. reserve reduced				

**REPORT OF THE FINANCE COMMITTEE  
THE LIFWYNN FOUNDATION  
FYE 9/30/95**

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Annual Meeting -- December 17, 1995

Income/Expense

Fiscal Year 1995 Expenses:	\$40,480 (Operating, HS Publ. & QC)
Income:	12,985 (Without contributions listed below)
	_____
Deficit:	\$27,495

(Covered by \$16,400 contributions and \$11,095 reduction of assets)

Detailed Budget attached

Contributions:

Three generous contributions totaling \$16,400 were received early in fiscal 1995 and were used as follows:

\$10,000 L.Rockefeller - Secretarial assistance for preparation of Mrs.  
Galt's Humanistic Psychologist article  
Reprinting of article  
Fax equipment  
Travel/conference expenses

\$ 5,000 Galt/Hirsch - Operating expenses

\$ 1,400 M.A. Roche - Additional time for Mrs. Cotter to reorganize  
and combine storage units and prepare corporate  
and financial files for Yale archives

**Assets**

The Foundation's assets contained in three Fortress funds at 9/30/95:	\$53,403
Less reserve for Queens College Research (based on 1994 adjusted commitment, less \$1,294 fy 1995 expenses)	(17,856)
Less reserve for Hans Syz publication project (based on \$25,000 bequest less expenses to 9/30/95)	( 4,944)
	<hr/>
Balance for operating expenses: Sufficient to cover deficit fye 1996 and carry into 1997 DEPENDING on income/expense	\$30,603

The Flora A. Guggenheimer Trust balance at 9/30/94 was \$53,627. In September 1995 the following market values for these holdings were in effect:

\$34,549	Heritage Fund
24,996	MPS Inter. Trust
<hr/>	
\$56,680	Total FAG Trust Assets

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Maureen Cotter

12/15/95

## ANNUAL REPORT OF INSTRUMENTAL RESEARCH ACTIVITIES

AT QUEENS COLLEGE

*Submitted by Lloyd Ailder*

I have devoted the year to two projects:

- (1) deepening my understanding of the nature of cotention and infusing my practice of the cotentive exercise with this deeper understanding
- (2) setting up the instrumental laboratory to do eye movement and EEG recordings.

### BROADENED CONCEPT OF COTENTION

It is apparent that to do instrumental research on cotention there must be subjects who are able to shift attention from the habitual mode of attention, ditention, to the alternative mode of cotention. My intention is to be the first subject for the instrumental research at the Queens instrumental laboratory. I feel obligated, therefore, to develop my ability to engage in the cotentive exercise to the greatest possible extent.

Toward that end, I was fortunate to be able to go to Staten Island College once a week from February through May and engage in intensive dialogues with Steve Rosen. In these meetings we not only discussed topics ranging from Bohm's concepts of implicate order, wholeness, singularity, and proprioceptive thinking to Steve's use of the Necker cube, the Klein bottle and quantum theory to explicate an alternative to our habitual, maladaptive subject-object relationships. Not only did I gain cognitive insights regarding cotention in these discussions by integrating some of Bohm's and Steve's ideas, I also had the opportunity to practice challenging my strong tendencies to affectively defend my beliefs about epistemology and laboratory research.

Steve and I also spent considerable time discussing a book, Experience and Philosophy, by a philosopher and mathematician, Franklin Merrill-Wolff. Wolff's description of his "enlightenment" experience and its consequences, and his discussion of the means by which he activated what he believed is a "function" present, but latent, in all humans, has been a powerful source of inspiration for me to engage in research on cotention. To Wolff, "enlightenment" involves the activation of a fifth function, different than the four functions of analytic psychology, thinking, emotion, sensation and intuition. He describes the fifth function as consciousness of consciousness or consciousness-without-an-object.

Wolff concluded from his enlightenment experience that it is possible to transcend our habitual dichotomous subject-object relationship with the world by practicing the

technique of discriminating or bringing into awareness processes underlying thoughts, emotions, sensations and intuition. He argued that there exists a **subjective** dimension or aspect of experience beyond the experiences of the world and of our bodies that are objectified by cognition and language.

This idea of learning to discriminate or attend to a hitherto overlooked set of subjective processes is consistent, of course, with Burrow's identification of the subjective dimension of organismic experience—the experience of the organism-as-a-whole—and proprioceptive sensations associated with neuromuscular tensions. The idea of a fifth function intrigues me, however, because it suggests that I direct my attention upon processes other than concrete bodily processes, e.g., in the oculo-facial region. Instead, it suggests that I attend to manifestations of consciousness, which I take to mean a **generalized sense of being, being alive, aware.**

I will indicate below the direction this thinking has taken me with regard to EEG research. First, I want to mention another source from which I have derived insights regarding cotention. That is a paper by Elizabeth Behnke, World without Opposite/Flesh of the World. Behnke sets out two perceptual styles: separative seeing and perceiving 'from within.' She too, acknowledging the ideas of Gebser, Husserl, and Merleau-Ponty, among others, distinguishes between our habitual tendency to separate ourselves as subjects from objects in the external and internal environments as a result of representational consciousness, and sensing 'from within'— "**lived awareness**" or "**bodily reflexivity.**"

It is Behnke's distinction between perceiving specific bodily tensions and a more general bodily awareness that has extended my understanding of cotention. She says on page 4,

"Even when I am "lying still," .... I sense myself pervaded with dynamic, temporal process. This may encompass qualitatively different types of processes, such as a rhythmic pulsing; irregular and spontaneous "coming to salience" of "moments" of tension, release, etc.; and a **background** [my emphasis] "presencing" akin to what Michotte has termed, in another context, "internal flux" or "microkinesis." The dynamism, and particularly this background "microkinesis" has the sense of being global and diffuse, and having been **present "all along"** [my emphasis] whether or not it is thematized as an object or lived through 'from within.'

As with Wolff's suggestion that there is a somewhat (not a some-thing) to discriminate other than specific bodily processes, Behnke stresses that a dynamic, global, and diffuse process is present, but exists in the background of our awareness. It is this process, which we tend to "pass over in silence," (page 4) to which we must learn to attend. Again, there is an obvious overlap here with Burrow's concept of organismic awareness.



The difference is, however, that the suggestion is being made by Wolff and Behnke, as well as Michotte, etc., that we learn to attend to a general, rather than a specific, set of processes.

In a letter to William Galt, quoted in Alfreda Galt's Toward Social Sanity and Human Survival (page 127) Burrow described how, while lying in bed contemplating man's interrelational behavior, he reluctantly pulled himself away from mental preoccupation and

"little by little let myself into, yield myself to the tensional or stereognostic (and therefore internal, *non-mental*) character of my organism's task. The mental path was barred, if the organism's basic need was to take its course, and only the path of **feeling** [my emphasis] remained to me....Where the mental stress or pain had been—in the frontal, orbital areas—there was now a physiological, tensional stress that stood out in its place (as "sensus") against a **feel of the organism as a non-mental, non-personal or phyllic whole.** [my emphasis] The problem was the recognition of the artificial demarcation between organism and symbolic segment and the gradual reabsorption of the digressive element into the total somatic, the total tensional system."

Hitherto, it had been my assumption that the cotentive technique entails attending to tensions in the oculo-facial region, and that this may lead indirectly to awareness of the background organismic processes. My present understanding, which integrates Burrow's suggestions with those of Wolff, Behnke, etc., is that it will be productive to learn to attend to that background, that is to learn to discriminate the **feeling** of the organism as a whole.

One other development in my thinking that is a corollary of the above insights has to do with the concept of "proprioception." As Alfreda pointed out in her paper Consciousness Mutation and Attentional Modes: A Comparison of the Studies of Jean Gebser and Trigrant Burrow (included in Toward Integral Consciousness for an Integral World, E. Behnke, editor), "proprioception" is defined in Webster as "activated by ... or designating stimuli produced within the organism by movement or tension in its own tissues, as in muscle sense."

This concept of proprioception is central to Burrow's technique of cotention. As indicated above, he recommended attending to the tensional patterns associated with the frontal, orbital region. The tensions presumably give rise to proprioceptive processes in the muscles of the eyes, forehead, and brow. It was Burrow's experience that as these tensions are brought into awareness, they become integrated into the organism's primary tensional pattern, the total tensional system.

I learned in my discussions with Steve Rosen that "proprioception" can be defined more

broadly than as stimuli arising by movement or tension. "Proprio-" is derived from Latin and means "one's own." Therefore, proprioception may mean "any stimuli arising within the organism and experienced as one's own." Apparently it was this meaning that Bohm had in mind when he spoke of proprioceptive thinking, by which, I believe, he meant the experience of one's thinking process as it is taking place. It is similar to what Buddhists have referred to as witnessing one's thoughts being born.

Broadening my understanding of the concept of proprioception to include monitoring or attending to one's thinking in a manner analogous to monitoring muscular activity as movement unfolds, has led me to the realization that Wolff's consciousness of consciousness may also be a form of proprioception. In that case, one experiences his consciousness as his own, i.e., one is directly experiencing his consciousness unfolding. Here, as with other forms of proprioception, one is perceiving 'from within,' as Behnke puts it, not separatively nor turning what is perceived into an object.

To summarize, I have in the past year greatly enriched my understanding of cotention by adding to what I learned from Burrow the ideas of Steve Rosen, David Bohm, Franklin Merrill-Wolff, Elizabeth Behnke, and others. I have come to think of cotention as a generalized form of proprioception of the organism as a whole: sensing the organism non-separatively 'from within' as dynamic, global and diffuse. Moreover, I have come to believe that it may be possible to learn to attend to my thinking processes and my very consciousness in a non-objectifying way that leads to the transcendence of my habitual dualistic and separative mode of attention.

## THE INSTRUMENTAL LABORATORY AT QUEENS COLLEGE

Considerable effort was expended during the past year to put together a system for tracking eye movements. A video camera, telephoto lens, bellows attachment and hardware and software for my computer were purchased and assembled. All the apparatus and hardware is operating. But problems have been encountered in writing programs to use the software. The computer programmer in the psychology department is actively working on these problems, and he assures me that in the near future he will have written programs that will make it possible to do eye movement experiments.

At that time I intend to undertake experiments in an effort to replicate, then extend, the findings of Burrow, differentiating between eye movement patterns of ditention and cotention. Of course, as I indicated above, carrying out such experiments is predicated on the assumption that I or anyone else who is a subject, such as Alfreda, is capable of shifting from ditention to cotention. When we are prepared to do the experiments, we will have to carefully design a protocol that includes operational definitions of cotention and ditention.

I am also tooling up to do EEG experiments. I have arranged to use a system of 16

Grass EEG amplifiers in conjunction with computer hardware and software that will permit me to do complex analysis of the EEG, including fast Fourier analysis and measures of coherence. When the system is operative, I will attempt to differentiate attention from attention in the EEG patterns.

I will also make use of the EEG as the basis of **biofeedback** experiments. Based on my present understanding of attention as a generalized process of proprioception, I now consider biofeedback to be a means of amplifying one's own intrinsic stimuli. In other words, instruments that record internal events, such as EEG processes associated with different forms of consciousness, and feed this information back to the subject, essentially enhance sensing 'from within.' This leads me to hypothesize that using EEG biofeedback may facilitate learning to shift to attention.

The Lifwynn Foundation  
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December 19, 1996

Dear Juan and Hanne,

It is a long time since we have exchanged faxes and I don't want the holiday season to go by without sending my Greetings and letting you know what has been happening here. Unfortunately, the news I have to give you is not good as far as my health goes. In October –virtually overnight I was hit by a crippling neuropathy in my hands and feet and had to spend five weeks in hospitals and rehabilitation centers. Since then I have been largely confined to my own apartment except for doctors' appointments. I am very handicapped in all ordinary tasks—cannot drive any long, prepare meals or go shopping and have difficulty dressing. I have had home health aides provided by Medicare and will continue to have this for several more weeks. After that I am hoping to be able to get people to come in to assist as needed.

The doctors think that this is probably connected with the rheumatoid arthritis that I have suffered from for so many years—during the summer in July I had to stop the powerful medicine that had kept it under control for the last five years due to an allergic reaction. Recently they have resumed this medication and I am slowly working up to a dose which might possibly relieve the neuropathy. Naturally, I am hoping very much that this will be possible, but I am not too optimistic. I don't have the feeling that the doctors themselves are too sure it will help.

All this, of course, interrupted any progress that I was making on my book and other projects. But I have recently completed a report on the year's activities and will be sending a copy to you after it has been approved at our annual meeting December 29<sup>th</sup>. It will let you know what the Foundation has been about for the past twelve months and also the grim financial prospects for the future.

What is happening to you two? What has been occupying your attention lately? What is the progress on your *History of Group Analysis*, Juan? How about your writings, Hanne? I hope perhaps you will have a chance to answer these questions and give me any other information that you care to share with me, Maureen and the others here.

Juan, you will be glad to know that some progress is being made on the effort to get the Foundation on the Internet. Lloyd Gildea is working with the person in charge of this function at Queens College and is getting together ideas about how to present the Foundation and the inquiries if any should come in—this is a greater problem now that my energies and capacities are so limited.

I had a long and very enlightening talk with Max recently concerning the chapter I had written about Burrow and Jung. He sounded fine and I benefitted much from his advice.

This brings many good wishes for the holidays and the hope that I will hear from you before too long.

Sincerely,

Alfreda

President

TV AG 59

**Dr. Juan Campos Avillar**

Paseo San Gervasio, 30, 6<sup>a</sup>  
08022-Barcelona, Spain

Phone: (343) 417 5639

Fax (343) 418 7748

Dear Alfreda,

Its Christmas Eve. We don't believe any longer in Santa Claus but we do know that there are still some people like yourself and ourselves caring for eachother and the rest of the human group.

We were very sorry to hear about the sad condition you are in. One may think that it is a matter of age or of luck but, regardless, we are impressed by the way you are taking it. You know that you have all out sympathy. If we were just able to something more besides that! Talking about health matters, Juan had to look into some subliminal problems that had been bothering him —diabetes, catarracts, prostatic conditions— which, fortunately, objectively did did not justify his concerns, but were a good enough excuse for not getting on with the book! His hypochondriac concerns were good enough for making him lose five kilos, go swimming daily and keep his blood sugar under control. As far as the typist —Hanne— is concerned, she is getting on with her Ph.D. thesis... and the last fourth and last year as a President of the Spanish Group Society...

I am glad to hear that Lloyd is working towards getting the Foundation into Internet. Juan would appreciate getting his e-mail and that of the rest of the members of the Board and Advisory Board who have one. The Grupo-Analisis Foro en Lengua Castellana is on and something can be done from there, for instance spreading news about the Foundation or including files of be Lifer in its archives. But there is much more that we could do if we put our heads together. Don't worry about who is to carry the inquiries. Grup d'Análisis Barcelona could help you with that. The first step would be to secure an e-mail connection between you and me or TLF and Gd'AB. Most likely you will need on your side a more powerful PC. But, if the members of your Board are not ready to pay for it, we are willing to make you a Christmas present.

We are very glad to hear about your talk with Max on your chapter on Burrow and Jung. But Juan is not sure if that is "Trigant Burrow and the Laboratory of the 'I'" that appeared in the Humanistic Psychologist, Vol. 23, No.1 Spring 1995 and of which Malcolm Pines was so enthused about, suggesting that you write a book on that. If that is not the case, please let us know.

Alfreda, letting aside Christmas time, we love you and the Foundation you are heading. The most urgent and important thing we have to face in the oncoming 1997, is to get into real time contact. For that faxing is not good enough. E-mail is the answer. So, hoping that next year gets us into more direct touch, with all our best wishes for you and Maureen and Peggy,

Juan and Hanne

TJ AG 52

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January 6, 1997

Dear Juan and Hanne

I am very grateful for your loving sympathy and concern for my condition. It has been and continues to be a kind of nightmare but I am receiving lots of help, as I wrote you before, and will continue to do so. I had a lovely Christmas celebration with my son Jack who came down from Vermont with his daughter, Johanna, now nine-years old, and enjoyed other family visits and events over the holidays. Congratulations to you both -Juan for losing all that weight and taking all those other health measures, and Hanne for your progress on your Ph.D. and long stint as President of the Spanish Group Society.

On the 29<sup>th</sup> we had our annual meeting and I will soon be sending you my report as president and Maureen's as Finance Committee Chairman. You will be pleased to hear that one of the activities that everyone wants to move ahead on is getting the Foundation on the Internet. Lloyd is working with the official in charge of the Queens College Web site (if I am using that term correctly) and we will have a spot there under the Lifwynn Laboratory. We have also tried to get the Foundation itself on line. I am delighted that Grup d'Anàlisi can help us and this is something that Lloyd and Maureen should work out with you.

When I send the president's report to the members of our Advisory Committee I will ask them to notify us or you of their e-mail address. My request would probably be more effective if I can tell them what you want to communicate with them about. So why don't you send me a brief line of explanation that I can use with them to stimulate them to enable you to get in touch with them.

Maureen is looking into the question of an e-mail address for the Foundation office and we think the link should be between TLF and Gd'AB or between you and Maureen as I want to be as free as possible to work on the book. You are correct that this is the expansion on The Laboratory of the 'I' that I discussed earlier with Malcolm Pines. But it is going painfully slow, as you will see in my report. It doesn't look as though we need a new machine, only a new modem but if necessary we will come back to you about your generous offer. As soon as there's any movement along this line, we'll let you know.

You have been a long time trying to get us going on this Juan, and your encouragement has certainly been significant in moving us in that direction.

With love to you both,

Sincerely, Signed Alfreda

FAX 011.343-418-7748

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Barcelona, April 4th, 1997

Dear Alfreda,

More than three months elapsed since my last letter. A lot of good and bad news from this side. Not so much from yours to judge from your health report. However I see in spirits you are as high as ever before. We just hope we may reach your age with the same spirit. You're not only a "student" of Trigant Burrow. You are a full "realization" of all he ever hoped for.

Starting with good news. It seems we won the law suit regards the rent in our apartment, so there are hopes to die under the very same roof we have been living under for the last 34 years. My —that is Juan 's— health condition is steady. An arthritis on his right wrist flaired up, but already subsided and he is again in condition to resume his daily swimming exercises. In two weeks from now he is going to improve his seeing capacity by submitting himself to surgery on his left eye's catarat. If that works, he is willing to proceed with the right eye, before the summer. So, he hopes to have a better sight of this troubled World. Hanne, for first time in her life, this winter fell victim to the flue, a lasting cough followed for months, but now she is back to her bountiful health once again. (This is an exaggeration, says she).

Now, my dear friend and beloved President let me get back and swing along with your letter of January 6<sup>th</sup> and from there I will proceed orderly to respond to your presidential report to the annual meeting. To start with, and just for your knowledge, I have not yet received so far a single e-mail address from my fellow members at the Advisory Board, and mind I know by certain, that some of the Directors have it as well. I must insist on TLF getting an e-mail address. The Foundation that way can save hundreds of dollars on faxing and correspondence. Please, ask Maureen to find out about the minimal budget a machine and modem would come up to and we —we mean TLF & Gd'AB will look after raising the required money. Juan warns you not to expect much from Malcolm's offers, besides what is convenient to the Group Analytic Society, the Institute and The Practice (London). Juan, on the other side, is willing to go over the drafts of your *The Laboratory of the 'I'*. We firmly believe —and hope— this book will be written! (That is, we understand at this point of societal life the meaning of TB's "We will go on!"). We certainly agree with the Board on that this is at the present our most important and urgent task! That research at City College may wait. Your endeavor should be our group endeavor.

In his own words, Juan is now going to answer to your report.

I am very sympathetic in flesh and soul with your health situation and limitations. Let us hope that you had improved in the announced three months and that you can continue with your valuable work in your own apartment.

Regards correspondence. I fully agree on how great was the last issue of *LiFCor* and that Mary Alice should be congratulated for her splendid job. I am glad that the response to the 450 copies distributed had been greater than ever before and we hope that the request made to the Lifebridge Foundation will bring a positive answer. However, I wonder if the effort and money should go into editing still another paper issue or we should go plainly electronic. I certainly do not think that you should take onto your shoulders again the editing of this issue.

Experience and concept. I am looking forward to set my eyes on this limited publications. I certainly would like to know more about the whole project.

Let us see if Malcolm's acceptance of the A. K. Rice presentation for Group Analysis comes through. Of course, I agree with him that his Journal should be "an appropriate forum for the writings of the founders of Group Analysis." But, let us wait and see. I am sort of disheartened with his promises. He dropped without discussion his well announced project on Foulkes with me



and has no longer any interest in the Section. That is confidential, but I hope that it can be clarified with him in July when he comes to Barcelona for the International Congress of Psychoanalysis.

Regards your book. I well understand, and I share your worries regards me representing Burrow. But, if we follow his teachings we should finally be free of those concerns.

Regards your outline for the book, I 100% agree that more emphasis than ever before should be put on the development and significance of the TLF work done after his death. You remember Burrow saying that all freudians are authoritarians, but I wonder if we as group analysts are not avoiding authority or to take on authorship because of that. I don't know if you have advanced further with your chapters 3 and 4 but I am looking forard to reading them and willing to start for you the translation of what we have already written on Burrow. For this kind of intercourse, however, it would be of great help if we could count with an e-mail address. Your are certainly doing a great job. Forget about the I-Person (be they accomplished historians or founders of systems) and let us know what you think. Of course, I believe that it would be great to retrace the link between Burrow and Jung, but that should be the task of the latter's scholars but not of simple students of the first one like you and me.

I would like to take more time to think about your comments on social self inquiry and your quote on Clarence Shield's 1937 Presidential Report. I have to put my imagination to work and see if what has been attempted by LifCor on paper can be done as well in an electronic list or forum. My view is, however, that the role correspondences should be to foster a small group of continuous face to face self inquiry as you did in New York. A network of such kind of groups by correspondence should be the next step.

I am glad that finally the Foundation Archives have been transferred to Yale but, from my experience, I think that some steps should be taken in order to assure that people interested in its contents can have easy access to them. For *The Dream Interpreter* I sent them \$100 and I am still expecting a receipt or the change.

Fund raising. Let us forget about the Guggenheim and its nice words. I think we should rather concentrate on persons like Laurence Rockefeller.

Correspondence and networking. Do you, by any chance, have a copy of Max's answer to Saul Scheidlinger? TLF should not sponsor the english publication of Gatti's papers without due commentary by you or somebody really familiar with Burrow. I found on Internet an interesting page on Bohm and dialogue groups. I can facilitate the address.

Regards finances. The only comment I can make is that I am sad that I was not to be a rich man. Let us hope that it will rain money from heaven!

I love the comments to the last issue of LifCor. It encourages me to go over it again and my feeling is: would it not be a good idea to have all the issues of LifCor published together in a Compact Disk? Having, as we have, the originals on hard disk, I don't think it would be expensive at all. A friend of mine has just started an electronic medical publishing house and is looking for originals. I could find out about the financial side of such a project.

Finally, I am sorry but I do not have time enough right now to thoroughly read and comment on Lloyd Golden's laboratory report. I promise to go over it for my next letter.

With all our love, care and concern,

*Tuan & Kaime*

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April 15, 1997

Dear Juan and Hanne,

Thank you for your splendid letter. It was full of news and ideas and I enjoyed it very much. I had not heard about your lawsuit but that is good news that you will be able to remain in your home. And I am glad, too, to hear that Juan's health continues to be good. The swimming must be very helpful and I hope that the eye operation went well. Please let me know.

Congratulations to you also, Hanne, for having bounced back from the flu –there has been so much of it here; the hospital was simply a hotbed of germs and I managed to pick up pneumonia while I was there. It has left me with a bad hacking cough.

I have been home now for about two weeks, but am very dependent. I have a home health aide extremely helpful and attentive. I expect to keep her until the first week in May and then will try to see if I can manage with shorter hours and less assistance. We will see.

I have had only four responses, including yours, to the reports that we sent out to the directors and advisors, and I am particularly grateful for the care with which you studied mine. I am thinking of sending out a request to this same group for their e-mail addresses—perhaps the first request was overlooked with all the other material that went to them. Maureen will inquire about the Foundation getting an e-mail address—I am totally clueless about what it requires or what it means, but take your word that it would save a lot of money. Meantime, warmest thanks for your offer for us to share the expense with Grup d'Anàlisi Barcelona.

I was sad to read what you wrote about Malcolm. He is such a busy man, so constantly on the go to meetings and conferences that I wonder that he has any time at all for anything else. It must have been a shock to have his drop your work together—was that the book on the history of group analysis that you had projected? I surely hope that that has not gone by the board. I am glad that the international Congress of Psychoanalysis is taking place in Barcelona. That should be a good opportunity.

Thank you for your offer to evaluate what I have done on the early chapters of The Laboratory of the 'I'. I am working toward distributing four chapters to our social self-inquiry group, you and one or two other people for evaluation, but the process has been extremely slow, as you can imagine. I think I have done the final editing on Chapter 3, but I am still formulating Chapter 4. And I can't really predict how long it will be before I have the package of four chapters and an outline to send out. I am afraid it may be well into summer before I do so!

I was talking with Mary Alice today and took pleasure in reading to her your endorsement of the last issue of Lifcor. The Lifebridge Foundation has turned us down, but if we are able to bring the issue on the communal organism to fruition, I fully agree that it should not be another one on paper, but should be as you say “plainly electronic”.

There is some effort going on at Queens College to get the Foundation on the Internet this summer and our plan would be to make back issues of Lifcor available there as well as some papers and other material about our work. I can't imagine how people would find their way to it or that there would be any response, but as you say Bohm and dialogue groups have a website, also the Institute for General Semantics and so it seems as though we should go ahead and try to establish one. We will have our next meeting and we will keep you informed. The idea of putting the back issues of Lifcor on a compact disk is appealing but I think it would only be practical if there was a publisher who was willing to do it. Our contacts are just too limited. So do keep up your contact with your friend who is starting an electronic medical publishing house.

If Edi Gatti's papers on Burrow are to be published in English I don't think that we will have anything to do with it. She heard from a Stuart Whiteley at Group Analysis who seemed to be interested and she was hoping that a paper by her could be included with the A. K. Rice papers. But I don't think anything has come of that. We are involved, however, in her project to translate eight of Burrow's early papers into Italian. She came to visit me in the hospital while she was here for the AGPA meetings in February. She had already sent us a copy of her translation of Character and Neuroses and our translator was greatly impressed with the quality of the Italian version. She felt that Gatti “breathed with Burrow”. We have engaged her to check the other translations in the same way, by having our translator read them against the original. However this is going to involve considerable expense and I have written Edi asking for suggestions about how we might finance this. Have you any ideas?

With this I am sending a copy of Max's reply to Saul Scheidlinger's recent article. We have not seen the latter because we have been unable to identify the name of the journal that Max cited in his letter (there are two or three by similar names). I am not sure you will be able to make out Max's FAX, but let us know if you want us to copy it for you. I am sure that you saw Scheidlinger's original attack on Burrow a number of years ago and Max's excellent response. If not, we'll send you copies.

We'll look forward to your comments on Lloyd Gilden's Annual Report.

I have probably exhausted you with such a detailed reply to my report, but you are, as always, rich in suggestions and ideas and they are things that we want to follow up on when we can.

Lots of love again to you both and may all your enterprises prosper.

Affectionately,

Alfreda Galt ph

President

Drs. Juan and Hanne Campos

FAX No. 011 343 418 7748

ASG:ph

1 July 1996

To: Alfreda Galt

From: Max Rosenbaum

Re your June 28 letter which arrived today.

---Scheidlinger's statement is in the journal Psychotherapy.... No. 4 Winter 1955 1995?

Fax not legible

“... As usual, Scheidlinger is uninformed... I corrected him in Group Analysis, but he does not seem to learn...”

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December 15, 1997

Juan and Hanne Campos

Dear Juan and Hanne:

Whatever happened to our correspondence? I have just been looking over our exchanges from last April and May and wondering why they did not continue. Our last message to you (from Maureen and me) was about our plans for developing a website and indeed my reason for getting in touch with you now is to let you know that we have gone ahead with this and are now on the internet. Our address is [Lifwynnfoundation.org](http://Lifwynnfoundation.org).

We discovered when we came to draft the introduction that there was no agreement among us as to what precisely the work of the Foundation is. So we took drafting of such a statement as a project for the social self-inquiry group and spent four entire meetings on a collaborative explanation to which we could all subscribe. We will be interested to hear your reaction to it. Other statements will follow if individuals want to make their own contributions and you will see what else we plan to include.

I have asked Maureen to also explain to you what has been done to update and improve our computer capacity so that we can have as many e-mail addresses as we want and can make whatever contacts we want with the internet. In order to explain these actions I must introduce you to Richard Ball—his arrival here last spring may have been the distraction that interfered with our further correspondence.

Richard is a physicist from Rochester, New York, who has been in touch with us over a number of years and who has had a continuing interest in Burrow and phylobiology. When he learned of the predicament that I was in following my hospitalization, he got in touch with me and suggested the possibility of his staying here, to exchange his help in my situation with whatever knowledge I could share with him about the Foundation's work. It was an unusual and very welcome offer and I accepted. He has been here off and on since May; at first on a volunteer basis and more recently for a small remuneration. It has been a rewarding exchange. He is not only an excellent handyman but has an expertise in computer and has been extremely helpful as you will see from Maureen's letter. He also drives me to my numerous doctors' appointments, does the shopping, is an excellent cook, and keeps my mind awake. He will be here until the first week in January.

Now about my book. It has continued to move with painful slowness. During the summer I completed the first four chapters and sent them out for evaluation to nine of our co-workers and advisors. The responses have been coming in slowly, most of them positive in general, most of them encouraging me to contribute with the project. I did not overlook your very kind offer to be among the reviewers, but I wanted to be able to send you a more finished manuscript and to let you have it at the same time that I was

sending a copy to Malcolm Pines. As yet, I have not incorporated all the comments that I received from the original reviewers. But as soon as I have done so and proceeded with chapter five, I will see that you get your copies. I would so much value the reactions of both of you. I think it would be premature at this point for you to do any translating until we have a better idea of how well the volume will develop. In connection with the book, I must speak of the constant health problems that I have continued to have—the most recent is a ‘compression fracture’ due to the Rheumatoid Arthritis and the many steroids that I have taken over the years to relieve it. RA is a painful and interfering handicap and at this point I cannot be sure that I will be able to finish the book. Possibly some one can do it for me or the chapters can be published as a series of articles. We shall see.

Speaking of Malcolm Pines, I am wondering whether his coolness may have been explained when you met in Barcelona. I do hope that it was a healing contact and that you are good friends again. It would be sad if you were no longer enjoying the collegial relationship that you have had over the years. I will be writing to him next week to let him know the status of the book and to inquire about the publication of Lloyd’s and Steve’s A. K. Rice papers in *Group Analysis*- I sincerely hope that can be accomplished.

Incidentally, when our correspondence was interrupted, you were about to make contact with a friend who was considering an electronic compact disk edition of *Lifwynn Correspondence*. I will be so interested to know if there is any chance of that developing. We hope eventually to include the back-issues of the publication on our website—we do not have all of them on disks—Lloyd is hoping to scan them in from the hard copy.

We are also considering the possibility of another issue of *Lifwynn Correspondence* in, as you suggest, electronic form. We are focusing on the subject of the “communal body” or the “species organism” and are talking with a friend of the Foundation of the possibility of her editing it for us. We have not heard anything about your eye operations, Juan, and your hip. I sincerely hope this did not contribute to the interruption of our exchange of faxes. If you can send us some word about how you are, we will be grateful.

I have heard recently from Edi Gatti and she is indeed hoping to have her last two articles on Burrow and Freud and Burro and Foulkes respectively published in English. She has not yet been able to get a satisfactory translation. She plan, I believe, to give an adaptation of her Buenos Aires address at the next meeting of the AGPA in Chicago and hopes to again meet with me (as she did last February when the meetings were in New York) to review some of the translations of the early Burrow papers that she has had put into Italian. Some time I would like to hear from you in what way you feel that she is “prejudiced” as you said in one of your letters last spring. You are much better acquainted with the field of group analysis than I am and can fill me in on the blanks that you see in her work. I do think that she is more interested in Burrow’s early formulations (re: group analysis) than in his investigation of attentional patters. However, I can see that this might be a means of introducing more people to his findings about the preconscious and the social neurosis.

Hanne, I am anxious to hear how the balance of the year has been for you, whether you have continued your robust health and your many productive enterprises. Please send some news about your doings—they are always stimulating. Juan spoke in your last letter about the book that you are writing about the “Group Method of Analysis”, and

promised to send me translations of interesting passages. I will look forward to that very much when you have the opportunity to send them.

Much love to both of you and best wishes for the holidays,

Affectionately,

Alfreda

From Maureen

Dear Juan and Hanne,

A brief note on our computer situation – Through the good help of Richard Ball, we purchased for \$1200 a state of the art PC which uses Windows 95 platform. We are using Netscape as a browser. The website address (as Alfreda mentioned in her letter) is Lifwynnfoundation.org. The e-mail address is: [Trigburr@lifwynnfoundation.org](mailto:Trigburr@lifwynnfoundation.org). The website will contain the communication links as we decide how we wish to route our correspondence.

Richard also loaded a voice-activated program for Alfreda's dictation needs, but she is finding it difficult to use.

With best wishes to you for the holidays and love,

Maureen

TV AG 56

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Board of Directors | Publications

We believe that the human race suffers from a vast pathology that fragments our lives and separates us from ourselves, from others, and from the needs of the planet. The purpose of The Lifwynn Foundation is to investigate the causes of this world-wide human predicament. At present, society is riddled with violence, addiction of all sorts, ethnic conflict, environmental degradation, inequality of distribution, etc. Our work addresses these problems. It is aimed at furthering human transformation and social healing.

Our activities are based on the research of Trigant Burrow, an early American psychoanalyst. Burrow introduced group analysis in the nineteen-twenties, a forerunner of group therapy and other group approaches. It was a scientific investigation of the causes of human conflict and alienation in which the feelings and motivations of the investigators provided the material to be investigated. Burrow and his co-workers recognized that the societal pathology they were examining was embodied in themselves as individuals and as a group. They developed the ability to observe the disorder within their own interrelational processes, and find a healing response within the observation itself.

Dr. Burrow's group saw humankind's dysfunction as part of its preoccupation with symbols and language. As a result of our growing dependence on the word and the habit of objectification, people have come to deal with themselves and each other as symbols and objects – rather than living, reactive bodies. Each of us is primarily concerned with our own self-image – with what Burrow called the "I" persona. This "I" is a separative sense of self that sets individual interests and concerns against those of others and the wider community.

A crucial aspect of the "I" is its assumption of the rightness of its beliefs. Due to inherent factors and the process of socialization, there arise in each child precepts of "right" and "wrong" that are not supported by verifiable experience. Certain beliefs and values become a central feature of one's identity: "I belong to the only true Church; "I belong to a superior race, and to the best political party; "I know the right way to raise children; "I wear the right clothes, drive the right car, listen to the right music;" and so on, ad infinitum. The "I," this entity that each individual comes to experience as himself or herself, has assumed an



autocratic dictatorship over the attitude and behavior of us all. My private gain versus "your" private gain is now the unconscious motive of every one of us.

Group analysis, or social self-inquiry, as it is now called, involves analysis of the symbolic self and its psychopathology. In our group we take initiative in identifying the operation of this authoritarian, imperialistic "I"- persona as it occurs in the midst of our transactions, and we share these observations with each other. We note of the whole spectrum of emotions – anger, anxiety, sentimentality, elation and depression, etc. – and their related behaviors: aggressiveness, defensiveness, manipulativeness, self-aggrandizement, ingratiation etc. Directing our attention to the bodily sensations that accompany such emotions, we become aware of the neuromuscular tensions associated with such mood states common to our society.

When we question the validity of the dogmatic beliefs of our autocratic self, and direct our attention to the sensations that go with self-biased beliefs and emotions, we sometimes become aware of a broader frame of reference: the organism as a whole. At this point it is the organism which is doing the observing of our conflictual behavior, and which becomes aware of our thoughts and imagery, discovering how they are linked with feelings and sensations.

Awareness of one's own organism leads to recognition of the commonality of all human organisms. As Burrow and his associates learned to shift from the narrow, symbolic mode of attention (which Burrow called "ditution") to the broader, organismic mode of attention (which he identified as "cotention") they found that brainwaves, eye-movements, and respiration showed marked changes in instrumental recordings. And they experienced an enhanced sense of solidarity with other members of our species, as the SSI group does today.

The work of the Lifwynn Foundation is aimed at facilitating a healing of human society through revitalizing this basic way of relating. In this mode we can listen and communicate with each other more openly and with less projection, be more honest in self-disclosure, and more authentically present for self and other. Where a group of people has persisted in this technique over a sufficient period of time, the barriers set up by the socially prevalent "I" are let down in behalf of the common interests and activities that make for the well being of the individual and the group or species.

We invite all who are concerned about the fragmentation of human society – and who are willing to help examine this process as it occurs within themselves – to learn more about our work. Begin by reading the articles available at this site. There is also a list of publications which can be requested from the Lifwynn Foundation. Or write to our E-mail address at [trigburr@lifwynnfoundation.org](mailto:trigburr@lifwynnfoundation.org) for further information or comments.

Barcelona, December 17, 1997

Dear Alfreda,

As Juan already said, your long letter from yesterday made us very happy... to know that you won't let AR get the better of you and you are determined to get on with your work and projects which, by the by, are neither few nor little.

Obviously like many others, I think your introduction to the work of the Foundation is very clear —Burrow's group analysis has come a far way since that manuscript which nobody could or would understand and the massive resistance on part of all concerned, including the author, to get it published. Our little group in Barcelona —which changes size depending on the task ahead— very much identifies with your method, group análisis or SSI as its called today. [By the way, very difficult and awkward to translate into castilian. The reasons: ¿just a problem of language or are we up against cultural idiosyncrasies, resistances, incapacities, limits? I shall keep on trying to find an attractive way of summing up nowadays group análisis. At the University I am working with the resumé John Wikse wrote up on SSI at about the time of the Addiction workshop]. Back to your letter... The way you elaborated the introduction es, I think, precisely the way we work in Grup d'Anàlisi Barcelona. You have an english version of our foundation leaflet of 1989 (Frame of Reference, organization, objectives and activities of GAB). It took us quite a number of sessions to spell it out. Well, in 1994 we reelaborated our project taking into account the experience of the five years elapsed (*Reformulació de activitats y organización*). Unfortunately this time you will not be able to read it because we published it in castilian and catalán, honoring the culture we live in. Of course, the first edition in english and spanish, also puts in evidence our debt to the anglosaxon authors and culture...

Just a little more information on the next Symposium of the SEPTG which will be held near Barcelona next spring. I don't know if I mentioned it to you, but I thought that once I finished my second term as president I would have less work and more time for "my own things" —whatever that means. Normally two coordinators are elected to set up the Symposium, one for the organization and another for the scientific program. Well, the SEPTG is organized in "zones" —East, North, Center and South, more or less. In a most group-like fashion, the East thought it would be a great thing if a whole zone

would be responsible for the Symposium. There are many members in the East but, as you can imagine, there are some of them like Juan, myself and others who regularly meet in a group, who somehow will carry most of the weight... or not... perhaps for once we will have a surprise. Anyhow, the theme as Juan already told you is "Social Change and new forms of group work". It is subdivided in four áreas: 1) New forms of group work in training and in the change of social attitudes. 2) Group work in organizations depending on different Administrations. 3) New alternatives in group work: Non-governmental agencies, self-help groups, voluntaries, etc. 4) The growth of a new culture, globalization of communication through Internet: Cybergrups. I am responsible for the coordination of the first área, and Juan for the fourth. Another member of our group is the spokeswoman for the scientific program team together with another one of our group who already is the publisher of the Boletín of the SEPTG, with one edition now in december and another one in May for the Symposium. On top of it, since it will be the 25th anniversary of the Society, I have been struggling the last two years to get together an "Open history..." to which all and every member, actual and ex, can contribute...

These are some of the reasons why we have not written you, although you are present in our minds and conversations every so many times.

Juan's historical project in relation to the IAGP is also something which consumes any and every minute of our time. I don't know if we mentioned it to you, but in Buenos Aires, one of the most important latinamerican group associations (the Asociación Argentina de Psicología y Psicoterapia de Grupo) maintained a very long interview with Juan about the objectives, and past, future and present of the IAGP. Well out came a hundred page transcript and what not. With a few months work it boiled down to forty... In the end it was still too long to be published in Argentina... In the meanwhile the IAGP designated Juan as "honorary archivist" and here in Barcelona we encouraged him to get together the history of the IAGP he has been investigating and has been participating in the last one and a half decades. Its a difficult task, because it also means remembering the projects he has given impetus to and which have not received the attention from the power structure, I think, they merit. Anyhow, we hope to finish this piece of writing during the coming vacation. We also plan to publish it bilingüal spanish-english, so you will be able to read it... I think this is one other reason of our not writing: unfortunately it

is very time consuming to talk about projects which are generated in another language and another culture...

As far as my doctorate on "The group: a social space of health" at the University is concerned, in principle it gets along well. Every year some new people come to join the group, this year a woman gynecologist and a woman fisiotherapist, both seasoned professionals with a long history in hospitals and universities. Also every year —now we are in the fourth— we have been able to publish the progress of this multidisciplinary participative investigation. As the study progresses, we are focusing more and more on two points of articulation of the omnipresent division between theories and between ideas and praxis. Although everybody want me to finish rapidly, I don't think I will be able to present the thesis next september, the actual time limit, and will have to ask for an extension of time. It becomes very clear that the academics cannot understand why this takes so much time. They usually sit down and get their ideas into a cocktail shaker and out comes a new beverage. If we want to reestablish the continuous link between ideas and practice, it will take us quite a time!

The other day I was thinking about something I want to ask you. The thing is that you have been a great inspiration to me, your way of thinking, working, and living. I suppose it has a lot to do with a lifelong exercise of cotention. Anyhow, the cuestion is the following. The state of the world saddens me, particularly when I realize how little longtime colleagues, associates and friends really identify with the ideas you formulate in your "Introduction". With some people we have been working years and years, but when worse comes to worst the solutions and actions they recur to are absolutely individual. This is a point very difficult to take for me, on one hand it depresses me and on the other it brings out the worst in relation to others, although I try not to express them... As I am writing you I realize that at that point surely I get so ditentive as they are. And, perhaps my only question is, do you also sometimes get discouraged or mad? or, is it really possible to overcome these feelings or at least stop them from affecting your organism? No doubt, as you can imagine, my psychoanalist colleagues send me to have some more analysis. I definitely think that this is not the cuestion. I think that there is a part of this sadness and rage about our egocentric and projective functioning which belongs to the

others and if others don't take on the part which is their's we will never make this horrible violent world of ours more sane...

Well, Alfreda, I do want to finish on a more positive note: Within reason, Juan and I are as happy and well as can be expected and we hope to meet the obligations 1998 brings along... Yes, obligation would be another subject to think about... It definitely marked our I-personas, at least mine. One thing analysis did not uproot. I suppose we have to hang onto something. We would love to be able to join your SSI groups but the Atlantic is still too big a lake to cross rapidly. We wish you, Maureen, Richard Ball who sounds like a very ok-person and all the other colleagues a restful vacation and a creative 1998. Take care! Thinking of you a lot, with hugs and kisses,

*Faune*

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December 17, 1997

IV AG 570

Dear Alfreda and Maureen,

You can imagine how glad we are about hearing from you. What happened to our correspondences? Well, first I was with my left eye operation —by the way, a real pleasure, no trouble, a great success; it is a pleasure to see sharp again and I am to do so with both eyes. Then I had some concern about my prostate, and some tendinitis on my hands... but it was not health what deterred us from writing. We once more got involved in one of those crazy writing project of ours. Something to do with the history of the IAGP. By the way, is TLF still an affiliate organization or they have dropped you from the list?

In effect, I have checked on my last mail to you and it is from April 4, 1997. A long time for a Lifcor correspondent. Anyhow, my own list of correspondence, the Forum in Group Analysis in Castilian and the preparation of the 25<sup>th</sup> Symposium of the SEPTG is taking up all of

our time. The theme of the Symposium is "Social Change and new ways of group work" which we are intending to carry in great part through Internet. As you can imagine I am leading the section on "The birth of a new culture, the globalization of communications through Internet: Cybergroups". I would love to have the SSI group involved with it or at least have a report from your work. I am willing to act as translator.

I cannot but congratulate all of you on the wonderful group write-up for the Lifwynnfoundation.org. The page is very professional and beautiful. We are going to translate it into Spanish and, if you allow us, to add a link in our pages and to spread the news to other group correspondence lists. The same applies to the two very well chosen articles you included there. I am looking forward to the Lifcor on line. The theme of a "communal body,' or the 'species organism' sounds great. It would not be difficult to have the whole Lifcor hanging from your page or others since I understand that most likely you kept the original diskettes or are still in your hard disk.

Regards my friend, a dentist, he has already produced a first book in CDROM and has a program for producing more books. If, as you say, Lloyd is going to scan Burrow's papers from the hardcopies, it would be very easy to have an electronic edition or to get them into the CDROM.

We are very happy that Richard Ball has become such a great help to you. That proves that some cotention still remains in this world. I hope that when he leaves in January, somebody else will come your way. Meanwhile, tell him that we are very thankful for what he did so far. I understand that he has set up a program so that you can dictate into the machine. Is it the IBM Via Voice the Simply Speaking Gold? That is the one I just purchased, so that I do not have to depend on Hanne's hands. It takes a little time but it does wonders. You will see how you will get used to it. So, not even RA will deter you from finishing the book.

I am glad you finished already the fourth one. I am sure it is great and we are looking forward to reading it. We will worry about the translation later on.

No, Malcolm did not come to Barcelona in July. No big loss though. His concerns nowadays are far from mine. I hope that he stands up to his word regards the publication of Lloyd's and Steve's A. K. Rice papers in Group Analysts.

About Edi Gatti, I can tell you very little more than what I already commented. I doubt

very much that Malcolm publishes her last two articles if that is what she has in mind. I don't believe that he would be willing to spread her news that S. H. Foulkes plainly plagiarized Burrow. That is her strong point. I agree with you that she is mainly interested in the early phase and mostly because she considers that Burrow was victimized by the APA. I don't know if I would agree with your feeling that her work might introduce more people to Burrow's findings about the preconscious and the social neurosis. It sound to me a way a little too ditentive. But, who knows?

Hanne will write to you this weekend. The 'Group Method of Analysis' is being delayed because of the historic binge on the IAGP but will take priority from January onwards.

With kind regards and best wishes for the holidays and the New Year,

Big hug,

Turn

PS I am sending this letter via e-mail with an attach and via FAX

The Lifwynn Foundation  
Box 314, 1771 Post Road East  
Westport, Ct 06880  
(203) 254-0599  
Fax (203) 254-8663

Fax Cover

January 22, 1998

Dear Juan and Hanne,

Many thanks for your concern about me and for your welcome telephone call—it was great to hear your voice, Juan. I just had not realized how much time had gone by since your FAX to me and I had already started an answer, it just was fraught with problems. Getting it on to tape and then having it transcribed has been problematic. What I have written so far will follow this cover page, but I must tell you that just at the point that I had said how much I liked dictating into the microcassette, it went dead—new batteries were needed and it took two days to get a hold of them and get them in. Unfortunately, I had twice dictated an answer to your part of the memo, Hanne, without realizing that the machine wasn't working, but I will now try to reconstruct it for whatever is worth.

Handwritten note not very legible: We have been trying to FAX...

Please call 203-254-0599 if you have any difficulty with this transmission.

January 22, 1998

Dear Juan and Hanne,

It was wonderful to have your very full replies to my recent fax. I am delighted that you are pleased with the Introduction to Social Self-Inquiry which was prepared for the Internet. It would be splendid to have you translate it into Spanish and thus add a link to your pages and correspondence list. We do have the original diskettes for some of the *Lifwynn Correspondence* issues, but I am not certain about the early ones. I believe they were put together before our computer capability was adequate to a whole issue so that some of the work was farmed out to commercial companies. But we are going to do our best to incorporate all of the back issues in our website.

Your work with the Symposium of the SEPTG sounds exciting and must be very challenging to you both. Also to be the “honorary archivist” for the IAGP brings up many possibilities which I am sure you are following up enthusiastically.

The news about your health and the success of your eye operations was also encouraging. I hope you have been able to continue to keep well during this time of



many infections—it seems to me that every family I know has been struck by some form of flu.

I have still not been able to proceed with the practice necessary to use the Simply Speaking Gold which you guessed correctly is the software that Richard set up for me. I am still happy to be dictating on to my microcassette for transcribing by Pat Hansen which does not require my sitting at the computer. I have recently experienced a compression fracture in my spine due to Osteoporosis so it makes it fairly uncomfortable to sit on one of the office chairs.

This is the point at which my recorder stopped working and I will try to reconstruct the paragraphs that got lost. I remember well your descriptive leaflet about Group d'Anàlisi Barcelona—we quoted from it in the first issue of *Lifwynn Correspondence* and it impressed all of us very much. Was it a collaborative effort or was it composed entirely by you and Juan? I would like to know more about the group that you are working with there—the size and how often you get together. Do you meet regularly as we do once a month, are your meetings more frequent or are they confined to weekends and workshops? I feel as though I'm not really in touch with the important work that you are doing.

What you say about the problem of translating the term, “Social Self-Inquiry” into Castilian is interesting, Hanne, I would like to know what solution you reach for doing that. With the term, Group Analysis, used so freely and to cover so many different approaches, it seemed to us that we should choose another phrase for our work now. *Social Self-Inquiry* is a term that Burrow himself used.

I do not recall Jack Wikse's write up at the time of the Addiction Conference and wonder whether you would FAX me a copy. It is not in the file here at the apartment.

I am very glad that the IAGP history will be printed in a bi-lingual edition—I want to see it. I wish, too, that I could read your doctoral thesis, Hanne, but I will have to wait for you to explain it to me in abstract form.

Hanne, the question that you raise at the end of your letter is extremely pointed and important. It seems to get at the heart of the problem. Indeed, I do get discouraged and angry at what seems to me the lack of understanding on the part of others of “our egocentric and projected functioning”. I would not say that I had engaged in a “lifelong exercise of cotention,” as you say. I have been exposed to that mode of attention but my own practice has not been consistent and I am having difficulty maintaining it during this time of deteriorating physical health. It is important to me to remember that cotention is a group function, and the level any one of us can achieve depends on our social environment. I do not mean that we can only be cotentive *in* a group—we are all social animals and maintain our groupness even in solitude, but a hospitable social atmosphere, I believe, is essential to practice and maintenance of cotention. And then there is the question of our own rightness and that is just what you have put your finger on. The anger and frustration that we feel at the stupidity and denseness of others is the disease. So that when those feelings assert themselves, an opportunity is being presented to make the about-face that brings the accompanying sensations into awareness and opens the way to experimentation against the background of the total organism—total phylic organism of which each is a part.

I am not sure that is an adequate answer to the question you raised. I will think about it some more and add to it if anything significant suggests itself to me. Thank you for raising it.

Again my affectionate greetings to you both and thank you for your friendship.

Signed: Alfreda

President

Drs. Juan and Hanne Campos

FAX No. 011-343-418-7748

ASG:ph

3/16/1998 (16 de marzo de 1998) Fax in handwriting by Maureen Cotter,  
Secretary of The Lifwynn Foundation:

Hello to you both,

Alfreda wants you to know that she is thinking of you but is hampered a great deal by pain. Yesterday she had an MRI for her back which has been especially painful—a CAT scan showed several spinal fractures. She is on a lot of medication and what time and energy there is, she would like to devote to finishing the book.

We'll stay in touch and send you now best wishes. The annual reports were sent last week and you should have them soon.

MC

Fax from Juan Campos to Alfreda Galt

21:04 April 25, 1998

Dear Alfreda,

I hope you received the note we sent you through Maureen on the 17<sup>th</sup> of March. We don't know if you are still in hospital but we do hope that at least the pain is under control. We do not know if you feel like receiving calls and, if so, at what number can we reach you? Please don't worry about the work, just we want to tell you that we have hung a page of Grup d'Anàlisi in the Web and, besides asking you permission to put a link to The Lifwynn foundation page, we would very much like to hang the Spanish translation of SSI Front Page which we just finished this afternoon.

I have been corresponding with Steve Rosen and he forwarded my e-mail to Lloyd Gilden, but he has not yet contacted me. There is anybody actually taking care of the [www.lifwynnfoundation.org](http://www.lifwynnfoundation.org) or reading the e-mail box [trigburr@lifwynnfoundation.org](mailto:trigburr@lifwynnfoundation.org)? I feel that I could contribute to spreading the electronic SSI, but nobody answers from this address.

Please, Alfreda, take care of yourself and with our warmest get-well wishes, all love from Hanne and myself,

Juan.

THE LIFWYNN FOUNDATION  
Box 314, 1771 Post Road East  
Westport, Connecticut 60880  
(203) 254 0599  
FAX (203) 254-8663

July 28, 1998  
Fax from Pat Hansen  
To Juan & Hanne Campos

Dear Juan y Hanne,

Your telephone message was here when I arrived this morning. Alfreda has been quite ill in the hospital for the last few months. The pain medication that she is taking often makes it difficult for her to converse. I just spoke with her and asked whether it would be all right to share her telephone number with you and she was delighted. There is a health aide to assist her and to hold the telephone for her. I find Alfreda understands me better when I speak clearly and slowly.

I know she will be very happy to hear from you and I hope you have a satisfactory conversation. Her telephone number at the Osborne is (914) 925-8448.

La última carta en el  
volúms de AG

TO AG, 70

THE LIFWYNN FOUNDATION  
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May 23, 2000

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Dr. Juan Campos  
Paseo San Gervasio 30,6  
08022 Barcelona  
Spain

Dear Juan,

Enclosed is a copy of Alfreda's manuscript. A professional editor has been working on it, and has made various suggestions about how to develop it further.

We are considering posting excerpts on our web site, until we are able to implement some of the editor's suggestions, including additional chapters being written by some of us who knew Alfreda and have been involved with Burrow's work.

In the mean time, let me know what your reactions are to the manuscript, and consider the possibility of writing something yourself to be included in the book.

Best regards,

