



Editorial

Welcome to the sixth online magazine for *Self & Society* – a bit later than I’d hoped; but as you’ll soon see, we have the richest of cornucopias in this issue – in my view one of the very best issues of this journal we’ve ever produced. One of the beauties of having our twice-yearly online magazine is that we don’t have any undue space constraints, so we can indulge in longer contributions for which we just wouldn’t have space in the twice-yearly print journal. However, I don’t underestimate just how many readers prefer a paper magazine rather than on-screen reading (me included!) – and I hope many if not most of you who share this preference will have printing facilities for making print copies of the pieces that especially interest you.

Up-front thanks are also due to our peerless design wizard, **Adrian Barker**, who always goes the extra mile or three to help produce our magazine. Thank you from us all, Adrian.

Also, I didn’t imagine that a full nine months after last Spring’s issue, which we made free open-access in its entirety as a service to the psy community due to the then Covid-19 ‘lockdown’, we would be in a similar situation again this winter. Readers will I’m sure appreciate that it’s not really fair to our faithful subscribers to make the whole online magazine free open-access when this publication is funded by their membership fees; yet we also want to be

as supportive to the psy community and beyond as we can manage in these challenging times. So rather than less than half of this magazine being open access, as is the norm, we’ve decided to make rather *more* than half of it open access this time. We hope that subscribers and members will allow us this indulgence once more, happy in the knowledge that your subscriptions are a key aspect of keeping the British voice of Humanistic Psychology alive and well, at a time when it could hardly be more needed, as well as enabling the AHP to make a generous humanistic gesture towards all those who are largely confined to our homes due to further lockdown restrictions. A heart-felt ‘thank you’, one and all!

To the issue itself. First, a warm welcome to an old friend of the AHP and *S&S* (who I bumped into at an environmental protest in London in autumn 2019) – **Brigitta Mowat** – who has written a compelling wake-up call to therapists, urging us to engage with environmental concerns – or what she calls ‘the Anthropocene Crisis’ – in our client work. Aided by four clinical vignettes, Brigitta explores how and why the human species considers itself separate from ecosystems, and what needs to shift in our thinking and theorising such that we can be part of, rather than split off from, the more-than-human world.

Next, in what I think must be the longest piece ever published in the near 49-year history of *Self & Society*, I'm delighted to include in this issue a (very) long interview with philosopher and eminent Paul Feyerabend scholar, **Ian James Kidd**, on the contemporary relevance of Feyerabend's philosophy of science – and with a penetrating commentary by my former Roehampton colleague **Onel Brooks**. I first encountered Paul Feyerabend when spending a year immersing myself in the Philosophy of Science literature when starting my Ph.D. in the late 1970s; and his iconic book *Against Method: Outline of an Anarchistic Theory of Knowledge* made a profound impact on me as I searched for critical perspectives on positivism in the social sciences. It is Feyerabend's provocative views on science which we mainly highlight in this interview, and their profound contemporary relevance; and I am enormously grateful to Ian and Onel for their time, generosity and expertise in enabling Feyerabend's work and relevance to be brought to the attention of a new generation of questers.

Blake Griffin Edwards' article critiquing research- and evidence-based psychotherapies from a person-centred perspective will resonate with many readers, as will his quintessentially humanistic conclusion that 'ultimately, the person-centered process – *not* a series of manualized techniques – is the soul of psychotherapeutic change'. British readers perhaps won't be surprised to find that the professionalised power-plays and audit-culture obsessions that bedevil the therapy world over here are alive, well and kicking across the pond, too. Critical humanistic insights on the nature of therapy and therapeutic change surely have much to bring to this particular table.

Old friend of *S&S* **Manu Bazzano** brings us a typically provocative article on what he calls 'post-qualitative research'. As I've written before, Manu invariably challenges us to be

aware of thinking about the effects of our conventional, taken-for-granted 'regimes of truth' – not least our humanistic ones – and nothing could be more valuable for genuinely open-minded critical thinkers. Manu maintains that both quantitative and qualitative research now operate within the positivist paradigm governing psychotherapy and counselling. He offers us *post-qualitative* research as a means for 'embodying the intricacies, complexities and multiplicities of organismic human experience' – a mode of inquiry drawing upon post-structuralism and Critical Theory. This is one of those rare papers that could prove to be seminal in our field's unfolding future.

We next welcome the return of **Simon Kuttner**, with an in-depth article bringing together the insights of intersubjective psychology and psychoanalysis with Rudolf Steiner's cosmology. In what he terms 'the healing power of the betweenness experience', Simon draws upon the perspectives developed by the likes of Professor Colwyn Trevarthen (see the latter's Commentary, below) to describe the mother–infant dynamic that is mediated by an experience of warmth, thus facilitating a healthy embodiment process for newborn babies. Simon further goes into the consequences of denying this relationality experience, including a life dominated by polarities and survival needs. This then leads into exploring how therapists can help the clients rediscover and re-create this relational sphere that is both a place of trauma and one where healing can begin.

Next, in a highly prescient article on uncertainty that marks his welcome debut in *S&S*, **David Lambert** invokes John Keats' under-appreciated notion of 'negative capability' in showing how *the emotionally driven need for certainty* is possibly fuelling both sides of the divide that has arisen around the current pandemic. David succeeds in honouring those on both sides of the divide in a way that very few writings I've seen

have been able to do – pointing out in an admirably non-judgemental way that people on both sides at least stand on the common ground of desperately trying to cling to, or manufacture, certainty for themselves in their diverse responses to the Covid-19 crisis.

In addition to the very long interview with Ian Kidd on philosopher of science Paul Feyerabend, we have several other very substantial *interview-cum-dialogues* in this issue. First, in a piece that I hope in part makes up for the journal's failure to date to engage deeply with the Black Lives Matter phenomenon, the wide-ranging interview-dialogue encompassing racism, Black Lives Matter and related issues by **Todd DuBose** and **Michael R. Montgomery** is a magnificent piece which this journal is proud and delighted to be showcasing – synchronistically copy-edited by me on Martin Luther King Day! – the 18th of January. At one point in the dialogue, Todd asks, 'When we claim we are inclusive, are we inclusive enough to include those who are exclusive – without sacrificing what we stand for in that difficult dialogue?'; at another, he says, 'we will get nowhere but stuck or foster more resistance if we don't reach heart-to-heart dialogue'; and later still, he dares to propose that 'Perhaps the best therapists are power-lifters or survivors of war violence who can cry'. There's enough material for a conference in these quotations alone! The two dialoguers also engage with Miki Kashtan's seminal article on patriarchy from the previous issue, and Manu Bazzano's writing on 'counter-fantasy' and the political left, also from the previous issue; Erica Burman's important critical work on developmental psychology; the work of Robert Bly – and so on. No one interested in the deep, complex questions surrounding racism and power can afford not to read this brilliantly provocative contribution. Michael ends the dialogue with the words 'I feel my soul has been enriched'. I think he will be speaking for all of us.

In what is a rather interview-heavy issue of the online magazine, we also include lengthy interviews with **Saville Kushner** on humanistic education, and with **Daniel Davis** on the humanistic relevance of Erich Fromm's seminal and wide-ranging contributions. Saville Kushner is an old friend and fellow quester of mine from the 1970s when we studied together for our Ph.D.'s at the UEA (Norwich). Saville has since developed a highly successful academic career as a professor of education specialising in evaluation, and he has a long-standing interest in, and engagement with, humanism in education. I think that our foray across the world of humanistic approaches to education and learning will interest many readers. As someone who was centrally involved in the legal case against Ofsted brought by Summerhill school two decades ago, Saville certainly does not shy from *the politics* of education, writing that we need to counter

the Blair-inspired falsehood that education is not ideological. We need to be publishing, writing letters, appearing on the media showing that... we have been in the grip of right-wing policies towards curriculum for almost half a century. There is no collective memory of what a left or humanist approach to schooling might be, and so no audience for it.

Let's hope this interview and future issues of the journal can begin to retrieve these lost memories of humanistic education. I am intending to contribute a long review essay on humanistic education for the Spring issue.

Daniel Davis is a scholar of the late and highly influential writer Erich Fromm – someone who has had a wide-ranging influence on Humanistic Psychology, along with a batch of other humanistically inclined psychoanalytical writers from the mid-twentieth century, including Karen Horney. Our interview focuses in particular on Fromm's theory of Social Character (SC), with his work seen as providing the 'missing link'

between Marx and Freud, where a collective psychological SC structure, or collective superego, is necessary to reproduce the dominant mode of production – with the psychological effects of the latter being ‘a glaringly absent consideration within mainstream social science’. For Daniel, Fromm’s theory of the ‘marketised’ SC mirrors his own experiences of society, growing up in the emerging hyper-consumerist world of the 1980s and 1990s. Dan also has interesting things to say about Soshana Zuboff’s classic text on surveillance capitalism, which is reviewed at length later in the magazine.

Next we have two excellent commentaries on previous articles in the journal, to which readers were moved to respond. First, we are delighted to welcome back renowned developmental psychologist **Colwyn Trevarthen** to the pages of *Self & Society*, with a characteristically incisive piece that responds favourably to the article by Sally Goddard Blyth on embodiment (‘The body learns too’) from the previous issue. Colwyn shares Sally’s conviction that our human life is a creation of motives for muscular vitality, and that ‘our education must strive for a co-operative and inventive life in enjoyment of moving, in sport, the arts, literacy and technical work’. Colwyn’s own life of research has focused on the beginning of ideas of shared experience (cf. Simon Kuttner’s article), before the child can walk or talk – a hugely influential approach to early development that is quintessentially humanistic, and which Colwyn showcases in this commentary – concluding that ‘in every human group of whatever size, care for affections must match care for actions and their tangible products and emotive effects’.

Following this we have **Senan Clifford**’s deep personal engagement with Miki Kashtan’s aforementioned article on patriarchy. In his extended commentary on Miki’s article, Senan

uses Miki’s insights as a platform for exploring the patriarchal system that needs to be understood, confronted and undone, with healing at the fore. For Senan, we need to acknowledge the trauma that patriarchy creates in men, and that we have until recently failed to recognise or understand. I like to think that the late great John Rowan would have heartily approved of these contributions to the journal on patriarchy, about which he himself had so many important things to say in these pages, starting way back in the 1970s.

Then in a section remembering the recently deceased icon of the person-centred therapy world, Peter Schmid, we have two wonderfully fitting tributes to Peter and all he brought to the counselling and therapy world from former friends and colleagues **Brian Thorne** and **Gillian Proctor**.

Next, our regulars. Former *S&S* editor **Gillian Proctor** never fails to have me in awe at the brilliant way in which she is able to write so openly, eloquently and insightfully as she tracks her own unfolding emotional process in engaging with some of life’s most challenging existential dilemmas and challenges. Here, Gillian shares with readers her personal journey with (child) vaccination, and trying to make proportionate sense of the current pandemic conjuncture in as considered a way as possible, given the highly contested nature of the information that is available to us. Her characteristically wise and thoughtful conclusion is that ‘Staying with the not-knowing and accepting the limitations of what we can control feels threatening, but it is an epistemological necessity if we don’t want to get trapped into false beliefs or too-quick solutions’.

In the first in her new regular column in the magazine, **Miki Kashtan** also has me in awe at the way she is able to address complex human-relational issues with a systematic clarity of

thinking that's overflowing with emotional and heart intelligence – a richness of writing and insight that in my experience very few contemporary writers can match. Here, Miki outlines her framework for making sense of how to navigate complex intragroup realities in a way that more closely approximates the possibility of making life work for all, with needs met through co-operative negotiation in relation to the resources available. Miki's work suggests to me that there may well be great leaders out there doing brilliant, quintessentially humanistic human-relations work that we likely just don't know about; and I'm thrilled that in Miki, we've found one such leader to write regularly for this journal.

Next, we have the excellent **Erin Stevens'** regular political column, in which she takes on Brexit, Black Lives Matter and racism, Donald Trump, insidious nationalism, societal inequality, and more. For Erin, 'We enter 2021 an exhausted, divided and angry world. Emerging from the despair of 2020 with the energy to build something new and more equitable will be tough' – and she begins the conversation on how we might address inequity in the world globally, institutionally and individually. What I love about Erin's writing is that she says it just how she sees it, without any politically correct 'triangulation'; and the urgent need for social justice is at the heart all her writings and commitments.

And old friend of S&S and Humanistic Psychology, **Zohar (Dina) Glouberman**, then brings her elder's wisdom to understanding and working with the fears for the future that so many of us share in the current global conjuncture.

We then have a Letter to the Editor from **Paul and Sinzi Barber**. As always, I welcome any letters from readers, and all will be published,

whatever position the writer wishes to take and advocate.

Thence into our bulging reviews and review-essays section. In another welcome debut in the magazine, **Sofia Johansson** offers us a deep-dive into what is fast becoming a modern classic – Shoshana Zuboff's recent book *The Age of Surveillance Capitalism*. The stakes for humanistic psychologists in relation to these momentous developments could hardly be higher – for example, as Sofia writes: 'We have become "human natural resources", and it is our behavioural data and our "herded and predictable" behavioural *actions* that are the products. We have become like native peoples whose self-determination has vanished from the maps of our own existence.' (her italics) And quoting Zuboff herself: 'surveillance capitalists must use all means possible to destroy autonomous (self-aware) action with heteronomous action (group and determined/designed) action'. These are modern cultural developments that no humanistic psychologist can afford to ignore, and Johansson gives us an enlightening window into this fast-emerging Brave New World to which we are all subject.

Next, we're delighted to welcome back our dear friend **Faysal Mikdadi**, who has read and thought deeply about a modern classic on the 'technosystem' by the prolific scholar on technology in modern society, Andrew Feenberg. Feenberg brings to bear the Critical Theory of the Frankfurt School for understanding the deep nature of technology in advanced capitalist societies – and Faysal's admiration for Feenberg's latest book is effusive, seeing it as 'a life-changing book. It stands alongside seminal words by greats like Jean-Jacques Rousseau, Adam Smith, Karl Marx, Sigmund Freud and Charles Darwin. It is a superbly argued academic treatise.' Never before has the place of technology in modern society

been so important – and this journal will continue to ask searching questions about the technology–scientism–society ‘interface’ in forthcoming issues. Readers thoughts on these momentous issues would also be most welcome.

Shanice Thomas then makes a formidable debut in *S&S* with a penetrating review essay on qualitative phenomenological research methodology which complements Manu Bazzano’s earlier article on ‘post-qualitative research’. In this informed and penetrating review article, Shanice raises searching questions about the nature and validity of phenomenological research – an approach which so often seems to be taken for granted as being unconditionally virtuous in the psy research field. For both Shanice and Manu, it really is far more complicated than that! Shanice draws attention to some of the tensions in phenomenological research, looking at issues like the lack of consensus regarding the definition and aims of (applied) phenomenology, and the validity of blending qualitative phenomenological methods together. This is an essential read for all psy qualitative researchers embarking on their research journeys.

Another old friend of our journal, **Elliot Benjamin**, then brings us up-to-date with political happenings in the USA, with his review essay on ‘Healing and Re-imagining the United States in the Time of Trump’. Elliot certainly admires the two books under review – by Kirk Schneider and Christopher Schaeffer – for different but complementary reasons; with Schneider’s strength being ‘his pragmatic hands-on Experiential Democracy work for facilitating dialogue between people with intensely polarized social and political beliefs’; while Schaeffer’s strength lies in ‘his insightful and extensive analysis of the social, political, economic, psychological, and spiritual forces that have shaped a multitude of malevolent events in both the history of and current times in

America’. For Elliot, however, there is a crucial missing piece in both Schneider and Schaeffer’s books – viz. what he and others see as ‘the cult indoctrination of Trump followers, [which] may very well be the essential ingredient that needs to be acknowledged, understood, and effectively dealt with...’.

And finally in the reviews section, yet another welcome debut – with **Andrea Halewood** reviewing Klaus Schwab and Thierry Malleret’s controversial book on the Great Re-set, which has been causing such controversy in many conversations attempting to make sense of the current pandemic conjuncture. Andrea cites Jean-François Lyotard in reflecting on the dangers of ‘techno-science’ (i.e. technology *plus* science *plus* advanced capitalism), with the plea that we campaign against ‘techno-science’ before it imposes its programme by stealth – or put differently, ‘what else remains as “politics” except resistance to the inhuman?’. There are of course many overlaps between this review and the issues covered earlier by Sofia Johansson, Daniel David and Faysal Mikdadi – and these are surely core issue for Humanistic Psychology to grapple with.

And last but by no means least, we have some excellent poetry from **Graham Mummery** and perennial dear friend of *S&S* and of Humanistic Psychology, **Brian Thorne**.

In this issue, the question of the current pandemic has once again come to prominence – and as editor I am happy that a wide range of views are expressed on this question in the magazine. Under my editorship, a diversity of voices will always be welcomed (whether I happen to agree with what some of them are saying or not). In a free society, as Paul Feyerabend argued so compellingly, that is how ‘science’ and truth-seeking work best.

Editorial

Finally, those of you who know me will know that one of my great weaknesses is that I always write too much – and faced with a choice, I'll always write more rather than less. So my apologies for the untoward length of this editorial. But I do hope that it will at least have enabled you to decide which of the many excellent pieces in this issue you will want to read in depth. I learnt so much in the course of editing this issue, and I hope it will be the same for you, dear readers and faithful AHPb members and supporters.

I wish you all well in these trying times, and I hope that our worlds will at least contain more hope when the Spring paper issue of the magazine plops on your doormat sometime in April. Until then, go well, one and all.

Richard House
Editor of *Self & Society*
Stroud, January 2021