

Announcements

Child Care Inc., a community non-profit preschool, is enrolling for the Fall. It offers a quality developmental program for ages 2½ to kindergarten. Located in Skinner's Butte Park, the center, which is state licensed, is open Monday through Friday from 7:30 am-5:30 pm. 169 N Washington St., Eugene, OR. 344-1165.

The Oregon Eye Associates, a non-profit educational alliance of ophthalmologists, recently commissioned a study by MarStat Market Research and Analysis. The study shows that virtually all ophthalmologists practicing in Lane County regularly accept Medicaid and Medicare patients for elective surgery. The study indicates that people with vision problems who have not been consulting their ophthalmologists because they believed they could not afford surgery—in fact should go to their eye doctor and explain their financial situation so they can receive the care they need.

Oregon Eye Associates exists to ensure that all members of the community receive quality eye care. The group offers information on vision and also offers information on second opinions. Inquiries may be directed to 484-EYES.

The Lane County Farmers' Market is now in full swing at their new location on the west side of Saturday Market. Bring your produce to sell or bring your good taste and buy, from 9 to 3 every Saturday through the end of October. For information, call 686-8885.

The first issue of *Poetic Space*, a monthly poetry newsletter, is now out and available at the Public Library, New Frontier, and assorted bookstores and restaurants. The newsletter is free and lists poetry readings, workshops, classes, contests, local publications as well as informative articles and even a little poetry.

Kids & Kin Head Start is now taking enrollment applications for the Fall school term in the Eugene, Bethel, Springfield, Thurston, Santa Clara, Oakridge, Creswell, Cottage Grove and Florence areas. Head Start is a free preschool program serving low-income families and their 4- and 5-year-olds. The program takes a holistic approach which includes counseling, medical and dental services, as well as nutritious meals. Call 689-9290.

The Tool Library has drying and canning equipment available. There are solar and electric food dryers and deep-bath and pressure canners. Also they have a fruit ladder for that hard to reach fruit. Their resource book library has food preserving hints. This is a low-cost tool lending library open to all Eugene area residents. Open Tuesdays and Thursdays 5-7 and Saturdays 10-2. They are located at the end of North Adams, next to the River House.



Dreambody and Personal Myth: Dr. Arnold Mindell

Last Saturday Dr. Arnold Mindell visited Eugene to give a lecture on *Dreambody and Personal Myth*. Dr. Mindell hails from Zurich, Switzerland where he is a psychotherapist, analyst and teacher at the Jungian Institute.

After some introductory remarks about the variety of different analytical and counseling schools and his desire to speak to this variety within a larger context of "process oriented psychology," his talk turned to the subject of childhood dreams and how they seem to contain "maps" or paradigmatic schemas of personal psychological development later in life. These dreams seem to set the scene and characters which turn up in our personal styles and relationships in adult life. Using two "case history" examples from his own practice, he demonstrated how the earliest recollected dreams of these

clients contained, in symbolic guise, an extremely accurate synopsis of the personal style, attitudes, and accompanying difficulties these people were living through in their adult lives.

This is one of Mindell's unique contributions—this idea of dreambody and the interplay of images and the body. He has written a book called *Dreambody: The Body's Role in Revealing the Self* (Sigo Press, 1982). He emphasized the importance of a therapist's ability to perceive the signals given by a client's body posture, gestures, tone of voice, use of verbs, eye movements, physical ailments and so on. He points out that from the psychological perspective the style of communication is often more important than the content. By being attuned to this background "body talk" one can often recognize the archetypal patterns found in a client's childhood dreams.

This "agreement" can be a powerful analytical tool, allowing both client and therapist to see more clearly the psychological configurations at play in the client's daily life and relationships.

Generally avoiding a theoretical approach Mindell ultimately states his belief that our dreams are lived out in our daily lives and, further, that all of our dreams may be different versions and elaborations of one dream unique to each of us from early childhood.

Using, as examples, his work with a very young boy who suffered from extreme asthma and that of a young girl dying of cancer, he demonstrated how the active creative fantasy of children can afford access, for the discerning analyst, to the same archetypal configurations one finds in the recollected childhood dreams of adults.

Mindell's talk was free-flowing and personal and his use of examples from his practice was most miraculous in revealing in minutes insights that have taken many years to develop. One insight that was particularly striking was the idea of disease as helping the body do what it wants, that is to help the dream come out: pain as gold-dust.

—Tom Gushurst
—E. Lyman



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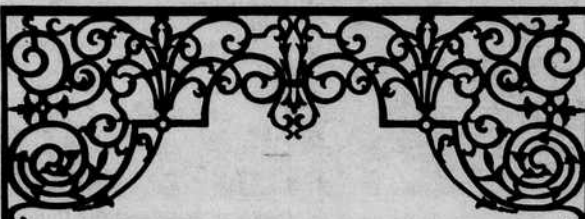
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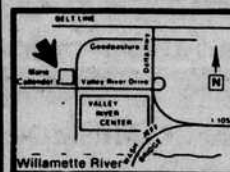
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