



Building relationships

Fostering community

Creating performance

DEVELOPMENTS

The Newsletter of the Atlanta Center for Social Therapy

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Useful Links

www.atlantasocialtherapy.com

www.eastsideinstitute.org

www.atlallstars.org

www.allstars.org

www.eastsideinstitute.org/devnews.html

What is Social Therapy?

Social therapy is a practical, non-diagnostic, and non-interpretive short-term method for helping people to re-initiate their emotional development through performance. By using performance, the social therapeutic approach challenges the assumptions of knowledge-based, problem-oriented, anti-developmental psychology including most forms of psychotherapy. Over the last 25 years of practice we have discovered that development is the cure for emotional pain and psychopathology. And, contrary to conventional psychological wisdom, we have seen that there are no natural limits to human development.

Tell Us What You Think

A basic tenet of our community is the free exchange of ideas. We, therefore, would like to offer our readers periodic conversation starters intended to stimulate critical investigation and encourage non-dogmatic dialog. We welcome your comments and opinions.

"People are always more inclined to fight than to work."
Murray Dabby

GROWING, GROWING...

Dear Friends,

Welcome to the second issue of Developments. We welcome the many conversations taking place about growth and development and the various ways they are seen by different people, including the work of the East Side Institute for Group and Short Term Psychotherapy. We were pleased to welcome Mary Fridley, the East Side Institute's Director of Development who shared the impact the Institute's approach was having on projects that supported peaceful social and cultural transformation around the world, in Central America, parts of Africa and in Eastern Europe. We also welcome poems and statement by friends of the Atlanta Center for Social Therapy, people who have been inspired by our work, just as they have inspired us. We look forward to creating other opportunities to dialogue and learn from each other. We hope you will be able to take part in upcoming activities and workshops. On November 10th at 7:30pm we will be showing again (by popular demand) a talk by Fred Newman, "Is Loving Still Sexy?" Come and bring a friend, for this is a topic that touches us all. And please check our website atlantasocialtherapy.com often for upcoming events. We hope to create avenues for addressing issues in new ways with you. Finally, please continue to let us know what it is about our work or the work of others that inspire you.

Yours,

Murray Dabby and Rachele Moore.

NEWS TO WARM YOUR HEART

As Murray and Rachele wrote, we have had, since the spring, a few very active months featuring numerous events, workshops, and video showings. The most successful one was the fund raiser held at David Hayes' house on June 25, 2006, on the occasion of Mary Fridley's visit to Atlanta. Guests donated generously to the ACST Education Fund and new rewarding relationships were created (see the attached photo spread). The best, however, is yet to come. First, keep visiting our website for announcements pertaining to forthcoming Saturday afternoon workshops. But most importantly, I am delighted to announce that our own Rachele Moore's commitment to a stronger and better community is slated to receive well-deserved and national recognition. On February 12, 2007, she will be one of the five honorees at the Psych Out Awards in New York City. Is there a better way to describe her than the announcement from the East Side Institute, which mentions the "humanity and dignity" she brings to her field? Congratulations, Rachele, we love you!

Laurent Ditmann

WHY AM I FAT?

It took me years to understand that an obstacle to overcome can transform one's life purpose. My obstacle was my weight, which yo-yoed until I experienced the death of a parent and the end of a marriage 8 years ago. In one year, I gained 100 lbs. Feeding my emotions, I stuffed the sadness, guilt, and anger caused by betrayal and loss until I could take no more. Through spiritual classes and group therapy, I learned the importance of responsibility and self-love. My hardest lesson learned was to stop trying to "fix" everyone else and start putting "me" first on this healing journey. I then began to excavate my relationship with food, to which I had relinquished my power long ago. Who told me I had to be thin to be loved and that I would not meet anyone "nice"

What do you think about this?. What is work? How do working and fighting relate to community and performance? Should you have any observations about these lines, please e-mail them to Murray Dabby.

Announcements

On November 10th at 7:30pm, at the Atlanta Center for Social Therapy, we will be showing again (by popular demand) a talk by Fred Newman, "Is Loving Still Sexy?" The suggested contribution is \$10.00.

The East Side Institute for Group and Short Term Psychotherapy is proud to announce its sixth annual Psych Out Awards benefit to be held at the elegant Tribeca Rooftop (2 Desbrosses Street between Greenwich and Hudson in New York City), Monday, February 12, 2007 at 6:30pm. The Institute established these awards five years ago to recognize colleagues throughout the US and internationally who are working to support people to learn, develop and create change in their lives and their communities.

As in the past, the 2007 honorees are creative and passionate professionals who bring humanity and dignity to their respective fields. This year's honorees are Stephen Apea, Ph.D.; Elizabeth Creel, LCSW; Ana Marjanovic-Shane, Ph.D.; Michelle McCleary and Rachelle Moore, LCSW.

Should you have any questions, please call the East Side Institute at 212.941.8906 or visit its web page at www.eastsideinstitute.org

Also of Interest...

Congratulations to the Atlanta All Stars Talent Show Network for its production of *Censor Me!*, a dynamic gathering of young artists and performers held on August 11, 2006 at the EyeDrum Gallery. Amazing works of arts were auctioned off to benefit the program, dancers and rappers put forth some incredible performance, and the crowd was kept energized by the likes of Nichelle "Brown Eyes" Brown, Murray Dabby, Mike Pickering, and Christy Siegling. We cannot wait for the next event!

unless I was thin? Why did I believe them? Sometimes we get stuck in such false truths. It occurred to me that while overweight most of my life, I always had nice men interested in me. Your life is your evidence, to which you should pay attention when re-building a belief-system.

I also had to recognize patterns: why and when do I eat, and what emotion am I feeling? Knowing the right things to do, yet feeling helpless before my pain and fighting the inner battle between loving and hating myself, I turned to diet pills, starvation diets, and binging. I had to make a fresh start. I found a place in Ithaca, NY called Body Mind Restoration. It was not a fat farm, but a place of peace where sick people can get better and healthy people can cleanse their bodies and prevent sickness. There I learned to honor my body. Through 2 weeks of detox — no sugar, no caffeine, and no TV — I practiced daily meditation, yoga, Pilates, hiking, dancing, and eating raw, living foods. I came home rejuvenated and peaceful. Having spent years healing my spirit, I had learned how to heal my body and love both as one. The day I got home, I cleaned out the fridge of all non-organic, processed foods. Free of sugar, caffeine and processed foods, I had no cravings. I now eat organic, mostly vegan food, drink wheatgrass, do colonics. This is my daily tribute to self-love. Having overcome my "obstacle," I have discovered a new way to help others. My gourmet chef husband and I have started an organic home delivery business to help other people seeking the clarity I have found. Each day, I thank God for this experience because I have found my true purpose in this lifetime: I am the one who has "been there" and can help you every step of the way to better, healthier living.

Teppi Alexander owns an organic gourmet food delivery business, Healing Foods, focused on helping others achieve balance and better health in their lives. She can be reached at (678) 431-9253 or Teppia@yahoo.com.

POETRY CORNER

In All Your Glory was composed by our friend Monée Merriwether, LPC:

You come to me in all your glory
To share your life
To share your love
And to tell me
...who you are not
And then...

You come to me in all your glory
To speak your life
To speak your love
And to tell me
...who you are
And then...

You come to me in all your glory
To live your life
To live your love
And to tell me
...who you can become
And then...

You come to me in all your glory
Living
Loving
Becoming

Whether you celebrate Thanksgiving, Christmas, Kwanzaa, Hannukah, or the Winter Solstice, the staff of the Atlanta Center for Social Therapy wishes you a wonderful holiday season!

“REVOLUTIONARY PERFORMANCE: A PEACEFUL, NON-VIOLENT APPROACH
TO PROFOUND SOCIAL DEVELOPMENT AND CULTURE CHANGE”
AN AFTERNOON OF CONVERSATION AND COMMUNITY BUILDING WITH MARY FRIDLEY
BENEFITING THE EDUCATION FUND OF THE ATLANTA CENTER FOR SOCIAL THERAPY, JUNE 25, 2006



A gathering of friends at David Hayes's elegant Buckhead residence



Some of the wonderful dishes expertly prepared by our gracious host



Some came to converse, some came to think, and some came to eat



Our host David Hayes (center) knows how to take care of his guests



Guest of honor Mary Fridley engaging her audience in thought-provoking conversation



A late afternoon meeting of the ACST volunteer staff