



Building relationships  
Fostering community  
Creating performance

# DEVELOPMENTS

The Newsletter of the Atlanta Center for Social Therapy

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1758-B Century Boulevard  
Atlanta, Georgia 30345

Phone: (404) 633-3282

Fax: (404) 982-0997

Murray Dabby, L.C.S.W., Director

L. Rachele Moore, L.C.S.W., Assistant  
Director

## Contact Us

[murray@atlantasocialtherapy.com](mailto:murray@atlantasocialtherapy.com)

[rachele@atlantasocialtherapy.com](mailto:rachele@atlantasocialtherapy.com)

[staff@atlantasocialtherapy.com](mailto:staff@atlantasocialtherapy.com)

Please send all contributions to:  
[laurent@atlantasocialtherapy.com](mailto:laurent@atlantasocialtherapy.com)

## Useful Links

[www.atlantasocialtherapy.com](http://www.atlantasocialtherapy.com)

[www.eastsideinstitute.org](http://www.eastsideinstitute.org)

[www.atlallstars.org](http://www.atlallstars.org)

[www.allstars.org](http://www.allstars.org)

[www.eastsideinstitute.org/devnews.html](http://www.eastsideinstitute.org/devnews.html)

## What is Social Therapy?

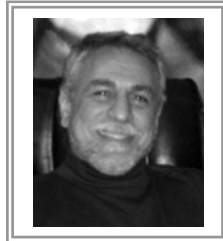
Social therapy is a practical, non-diagnostic, and non-interpretive short-term method for helping people to re-initiate their emotional development through performance. By using performance, the social therapeutic approach challenges the assumptions of knowledge-based, problem-oriented, anti-developmental 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.

"Social Therapy is rooted in the practice of performance leading to development. Performance, understood as a social activity, is one where children are related to as a

## DIRECTORS' CUT



Welcome to *Developments*, the newsletter of the Atlanta Center for Social Therapy! We are excited to be introducing this first issue to you. For years, our work has always been to provide quality therapeutic services to people who come for group, family, couples and individual therapy. We appreciate all the support and referrals from both clients and professionals who recognize us for the work that we do



We are also very interested in educating professionals and lay audiences about new approaches to human development and community building. We are interested in promoting the psychologies of becoming, action, activism and community, while challenging the psychologies of individualism, labels, identities and diagnosis.

We are very proud of this newsletter as one expression of the effort to do that. The newsletter, produced by volunteers of the Atlanta Center, conveys the needs and interests of our supporters. We invite you to participate in future conversations, workshops, seminars, and a variety of other events during the upcoming year.

Thank you.

Murray Dabby and Rachele Moore

## HOW IT ALL STARTED

About a year ago, a small group of volunteers mustered by the ever persuasive Rachele Moore and Murray Dabby gathered to assist in the Atlanta Center for Social Therapy's endeavor to reach out to new friends and colleagues. Although occasionally bumpy, it has also been beyond a doubt a creative, productive, and exciting ride. Over the past few months, we have organized and supported a successful fund-raiser, an ongoing video series, a workshop, and numerous other activities.

Among these, one of the most significant achievements has been the consolidation, organization, and expansion of Murray and Rachele's rather Byzantine address lists. Through this process, we enjoyed the opportunity of compiling the names of donors, professional contacts, and other associates. This led to the realization that the Center is an important element within a vast national and international network of supporters, friends, and organizations.

This first issue rests in large part on the idea that we are much more than the cadre of regulars in attendance at our most visible activities. To allow this community to continue its growth, the dissemination of its ideas is an absolute necessity. In these modest pages, you will find the conversations, interviews, announcements, and creative pieces that will strengthen our community and, therefore, each and every one of us. We want you not only as readers but also as contributors. Send us comments, ideas, book reviews, in short anything you would like to give to support the development of our community. Our next issue will be

"head taller than they are" as potential adults, e.g., when adults relate to children as speakers even while they are in fact babbling, and in the social activity of a language speaking community, children respond imitatively and creatively by performing as speakers before they have the capacity for language. This capacity is further developed in all areas of life in pretending, language games, drawing, learning new skills and roles, etc."

Murray Dabby

What do you think about this? What is performance to you? How does it relate to Improvisation? Have you found performance useful in your life? How so? Have you not found it useful? How so? Should you have any observations about these lines, please e-mail them to Murray Dabby.

## Announcements

If you happen to be in New York City on April 23, you don't want to miss Fred Newman's talk "Is loving still sexy?" at the Skirball Center for the Performing Arts at NYU, 566 LaGuardia Place at Washington Square South, 3:00pm.

Save this date: Join us on May 12 at 7:30pm at the Atlanta Center for Social Therapy for the next installment in our video showings. The video of the day will be a question-and-answer session with Fred Newman on the topic of performance. You will receive more details shortly by flyer and e-mail.

Save this date: Join Murray Dabby and Rachele Moore on June 17 from 3:00pm to 5:30pm at the Atlanta Center for Social Therapy for a workshop entitled "Sex and Intimacy: Why can't we be friends?" You will receive more details shortly by flyer and e-mail.

Save this date: The Atlanta All Stars Talent Show Network is planning an exciting art/performance fundraiser event titled "CENSOR ME!" for the evening of August 11. For more details, contact Mike Pickering at mike@outerdark.com

## Other Events

The workshop on "The Joy of Imperfect Relationships" held at the Atlanta Center for Social Therapy on March 25 was yet another success for Murray Dabby and Rachele Moore. They were joined by 14 participants, many of them new faces. all willing to explore the performance of their relationships. Murray and Rachele are also available to conduct corporate and on-site workshops. Here are some of the topics they can cover: Career Changes and Choices; Decisions, Decisions, Decisions; Anxiety, Panic, and Worry; Growing Older, Growing Up; Crisis Normalization and Burnout; Letting Go and Moving On; Development vs. Addiction; Helping Clients to Grow Beyond Addiction

published in September.

Together, we will create the *Developments* we need.

Laurent Dittmann, on behalf of the volunteer staff

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## FROM A NEW YORK CONTRIBUTOR

A tribute Poem to the work and lives of Doctor Frederick Delano Newman And Doctor Lois Holzman, the creators/discoverers of Social Therapy.

### OUR WORK IS NOT DONE... AROUND HERE....

they come from all corners of this small planet\_  
and from each of the fifty states of the USA...  
bringing with them different versions of the  
same tortured, murderous, bloody and war torn  
histories and herstories of our human existence...

an untold human story that carefully hides itself...  
from the light of day\_ covered over by the wondrous\_  
advances of medicine, science, philosophy, technology...  
a hard driven march of lives into winter's days and nights\_  
forever to find that endless spring that denies all the pain...

families/souls that tear each other asunder smile brightly in that  
holiday pose excluding those crazy ones that refuse to play  
along...children, women and men rewarded if they don't cry  
out loud\_locked up\_ locked out\_drugged up if troubled in mind...  
tradition, convention, a modern view for all the civilized and\_good\_

someone told someone who heard it from a friend who read...  
about some different way to see and be on this road of living\_  
where small groups of people got together and discovered...  
a new way of talking and having a conversation regarding\_  
the pain that we all think is buried deep inside somewhere...

that walking around in pain that informs our every living move\_  
was/is being challenged by leaders of a newly discovered approach...  
most called them radicals\_others said they made up a new cult...  
and, thousands came to find out what in the hell was "wanting"\_  
without "needing" and what would it mean to live the joyous life...?

and thousands more came to join the small units of humans  
to investigate how building the group could ease the pain of each person  
without knowing\_ these children, women, and men are coming out...  
in this new 21<sup>st</sup> century\_ proud, bold, unabashed, unbowed\_  
in the big cities\_out in the countryside and far away villages...

even in bomb blasted hamlets/towns across the seven seas...  
small groups persist in talking and having new conversations...  
regarding a post modern creation on how to grow and develop the  
joyous life...while creating a new history and changing the world\_  
for all human beings everywhere...

Alvaader Frazier, January 4, 2006

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## A PROFESSIONAL OPPORTUNITY

There are openings for Social Therapy training beginning next fall through the international class of the East Side Institute. For more information, please contact Murray Dabby.