

**WHY HIDE?****You can overcome your phobia about speaking in public**

Natalie H. Rogers

If you avoid speaking in public because of thought-blocking, rapid heartbeat, shame, panic, etc., you probably know that traditional public speaking classes will not correct this condition.

A two day program that guarantees remarkable change is TalkPower; a unique 19 hour weekend workshop that combines behavior modification with performance techniques and speech crafting. Step-by-step, a series of mind/body exercises result in FLUID PUBLIC SPEAKING SKILLS.

For the past 18 years Natalie H. Rogers, behavioral psychotherapist, former actress, and author of "Talk-Power, How to Speak Without Fear", has trained thousands of professionals to overcome a lifetime of humiliating public speaking attempts, by teaching them to speak successfully in public.

...Natalie H. Rogers offers a different approach to treating the fear of public speaking, one of the most common social anxieties. She offers a clinic for people who panic at the thought of giving a speech... In a series of sequential steps, they learn to tolerate their distress so that it does not block their thoughts while they speak...

Daniel Goleman, New York Times  
(Science Times)

"My fear has turned into joy at the thought of having to speak in public."

Susan Karpus, Advisor,  
Karpus Health Information Center

"Talk-Power did what five years of support and medication failed to accomplish."

Famous speaker who had suddenly become phobic after a life crisis

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NATALIE H. ROGERS, M.S.W.  
**TALK POWER**  
TRAINING SEMINARS

widest at the bottom, leaving little opportunity for upward movement.

When he writes of the "improvement-resistant nature" of people, he only focuses on those who must depend on government benefits to survive. Etzioni, in classic conservative fashion, focuses on the personal shortcomings of the victims of our society and economic order.

We have the resources to guarantee all of our citizens a fuller and more rewarding life, but we choose not to. Instead, we limit the available funds spent on social goods, while squandering them on things like useless weapon systems, corporate tax breaks and the S&L bailout. We cannot allow ourselves to join Etzioni and his fellow Social Darwinists blaming the individual victims of our upside-down economic order, and then pat ourselves on the back, saying that we have done all we could, but since poverty persists, it is no longer our responsibility.

Irwin Nesoff  
Brooklyn, NY

**ALIENS**

Thank you for Katherine Griffin's article about therapy for those reporting experiences of alien abduction (Around the Network, September/October). She brought into focus the most important issues for clinicians encountering this in their practices: Can therapists always assume they know what is possible or real in human life, or might therapists, in some instances, better remain open to acting as their clients' allies in exploring a mysterious frontier?

Therapists who are working with abduction experiences may want to be aware of a networking resource that is available to them. The work of the Program for Extraordinary Research, founded by John E. Mack, M.D., in 1993, is based on the clinical observation that when we listen compassionately and non-judgmentally to the people who report these experiences, they become better able to focus on family and career, they manage their symptoms of panic more effectively, and, in general, they report feeling more sane. Members of our Therapist Consultation and Referral Network share a deepening expertise in this work, which will develop over time into a broad-based treatment model. Therapists who would like to join the network are welcome to call me at 617-497-2667 x16 to receive an application.

Pam Kasey  
Cambridge, MA

**SCIENCE AND PSYCHOTHERAPY**

We salute Jay Efran and Mitchell Greene's latest book review, "Overpromised, Underresearched: Where's the Science in Psychotherapy?" (September/October). Under the sway of the field's "anything goes, let's be respectful" attitude, it is easy to forget that much that is touted as psychological fact is sheer speculation.

In our zeal to expand our political influence as well as our profit margin, we have foisted on the public models and practices that possess face validity, but little else. Every few years, some new therapy captures professional attention—cold wraps, insulin shock therapy, transactional analysis, reality therapy, the miracle question, EMDR—that arrives promising far more than it will ever deliver. Now, marginalized by the empty, endless array of their theories and techniques, crackpot appearances on television talk shows and ineffectual witnessing in our courtrooms, clinicians are finding themselves in the midst of a backlash. Though painful, it is, in large part, a backlash of our own making.

The value that scientific inquiry does bring—the celebration of critical thinking—is one that seems sadly lacking in recent professional commerce.

Mark A. Hubble      Scott D. Miller  
Kansas City, KS      Chicago, IL

**DISTRESSING**

I very much enjoy the *Networker*, and find it to be one of the few things I usually read cover to cover. The September/October 1994 issue on the family was especially thought provoking. I appreciate the inclusion of a feminist point of view in this and most issues.

However, I was greatly distressed by the picture on page 68 of a grandfather with his hand on the slightly developed chest of his granddaughter. This is a picture of sexual molestation. This grandfather is completely disrespecting the rights of this child to her body. To have it be so blatant and published in your magazine makes me think we have a long way to go in terms of men knowing that they do not own the bodies of children (or women).

Elizabeth River  
Chico, CA

Letters to the Editor should be 250 words or less and include the writer's full name, address and telephone number. Letters may be edited for clarity or space.