



IAHB Presents:

THE SECOND ANNUAL MIDWESTERN CONFERENCE ON
The Psychology of Health Care:
The Role of Human Relationships

PATHWAYS TO INTIMACY

Liberation, Cooperation, Commitment

CHICAGO, ILLINOIS
MARCH 14-16, 1980

GEORGE BACH — *Beyond the Caring Capacity*

JUDITH BARDWICK — *Autonomy and Commitment*

ALBERT ELLIS — *Successful Relationships*

JOAN EMERSON — *Dealing With Jealousy*

WARREN FARRELL — *Risks in Relationships*

ROLLO MAY — *Freedom and Sexual Revolution*

LUREE NICHOLSON — *Fair Fighting for Families*

GERALD PIAGET — *The Intimacy Paradox*

**JOHANNA AND
DEANE SHAPIRO** — *Assertive Yielding*

MUST WE CHOOSE BETWEEN FREEDOM AND INTIMACY?

The burgeoning technology and sociocultural revolution/liberation of the last decade has left most of us freer than ever before, as individuals, to chart the course of our lives. But at what cost? A thousand signs—from the increase in stress-related disease to the fate of the nuclear family to the way we “use” the miracle of television—underscore the conclusion that it may be personal isolation, not intimacy, which derives from individuality and autonomy. Must this be so? Must we sacrifice the authentic human contact most of us say we want for the personal freedom we also hold so dear? Or can we find pathways which will allow us to retain our personal freedom within the context of authentic and committed relationships. The health—and possibly the survival—of our society could depend on the answer.

PATHWAYS TO INTIMACY represents an attempt to bring together some of the foremost thinkers in the areas of intimacy, individuality, and liberation to discuss these questions and explore alternative solutions to the problems they represent. The conference is designed to meet the needs of 1) professionals interested in the medical, psychological, and social implications of freedom and intimacy, and 2) individuals who would like to explore these issues for their personal benefit. We hope you'll join us.

(2) THE ART OF ASSERTIVE YIELDING: INTIMACY AND SELF-CONTROL — *Johanna and Deane Shapiro*

Can we be assertive and achieve our goals without harming one another? Can we be intimate and yielding without feeling passive and defenseless? In this seminar, the Shapiros explore through discussion, lecture, experiential exercises and practical skill training this delicate balance of career, self and family: the art of assertive yielding.