

necessities and banal pragmatism. His fact-finding procedures were different in a magical way. They had a looking glass in them.

I had no idea what to expect at our first meeting. I only had heard that this psychologist, Akhter Ahsen, had developed a method of identifying and getting rid of problems in a speedy manner by using a form of imagery called Eidetics. In his office, I was asked to write down my symptoms on a form which contained questions and some blank space provided where I was to make a statement listing my symptoms, and then make some more specific comments about my fears and hopes. It was interesting that generalizations like, "I feel weak," or "I have numbness on my left side," were not adequate descriptions in this office as they had been in the previous medical ones.

Dr. Ahsen prodded me into talking about my body and what was happening to it. It was not easy because I had been trying to avoid becoming involved with my body since I felt it had already betrayed me and I was not up for any more punishment. But, to my surprise, I found that I was able to pinpoint the exact areas of numbness and weakness, and the most astonishing thing was that I did not feel like I had to make excuses for these symptoms. I knew that they were valid, and that they were happening in my own body and not in an alien body which had been given a diagnosis of MS. I was aware that I, as a person, was being addressed, instead of only my symptoms. I was being seen as a person who happened to have MS symptoms attached to her, and not viewed just as MS symptoms which needed to be treated. I also realized that I had even fallen into that trap of dissociation.

After some discussion about my symptomatology, I was asked to stand up and see an image, the Tree Image.