Dear Friends,

"Because exactly what is meant by the terms of 'repression' and 'dissociation' is far from clear, their use has become idiosyncratic, metaphoric, and arbitrary."

Scientific Advisory Board of the FMS Foundation Statement on Recovered Memories, 1998

At the beginning of the Foundation's second decade in the year 2002 we find accurate information about memory and suggestibility across the continuum. Accurate understanding, however, appears to be concentrated in the national rather than the local media, at least as measured by the articles that arrive at the Foundation office.

There has been an explosion of articles relating to clergy abuse in the past few weeks and many, alas, provide all too ample evidence of the confusion over the terms "repression" and "dissociation." This, in spite of the fact that in almost all of the clergy cases the abuse was known and reported at the time but then covered up. We have received letters, phone calls and email from members who are worried that there has been a return to the "recovered-memory dark ages" of the early 90s. We don't think so. For every article in which misinformation about memory has appeared, there has been at least another with accurate information. (See p. 5) That was not the case a decade ago.

The current displays of ignorance about how memory works are serious enough that every reader of this newsletter should take pen in hand and write to reporters who could benefit from a crash course in the issues surrounding the reliability of recovered memories. We have reprinted the Statement on Recovered Memories from the FMSF Advisory Board as a reminder of the educational mission of the Foundation. (p. 6) That mission should involve each of us, and the Foundation has free copies of the brochure, "Recovered Memories: Are They Reliable?" to help.

Michael Donnelly, an FMSF member, sent us his thoughts on the current crisis in the Catholic Church:

"I think that this is an excellent opportunity to argue that openness, examination, inquiry, and honesty are the cures to both cover-ups of actual abuse and cover-ups of bad therapy and constructed memories. Both exist in the shadows and thrive on darkness.

"The recovered memory movement's fear of open discussion (one of its basic tenets is no contact) more closely resembles the behavior of actual perpetrators than actual victims."

Author of Victims of Memory, Mark Pendergrast, (p. 3) is pessimistic because of the signs he has observed of the ongoing practices related to therapy focused on recovering memories. He is an astute observer. Adriana Mak, on the other hand, writes about some extremely positive developments taking place in the Netherlands. (p.3)

Sometimes, taking a step back and taking a big breath helps to give some perspective on a subject. Mark Pendergrast's review of Blake Eskin's new book about Benjamin Wilkomirski provides some perspective on the FMS issues because the Wilkomirski story is not about sexual abuse. (p. 7) Wilkomirski wrote a memoir, later found to be false, about his early childhood years spent in concentration camps during World War II. The questions this episode raises are many: Why would someone claim such a terrible past if it were not true? Why would almost every literary critic fail to see some of the obvious impossibilities in what was written? How could the world have missed the fact that these memories arose in the context of therapy?

The same questions, of course, arise about the FMS phenomenon. How could so many otherwise sensible people have overlooked the impossibility of most of the accusations against parents? Memories from the period of childhood amnesia, memories that arose with the use of memory..."
recovery techniques such as hypnosis, memories of satanic ritual abuse, memories for which there was never any evidence. Equally disturbing was the fact that the demographic information about accusers and accused did not match what is known about real abuse. In the legal column this month (p. 9) are descriptions of people who remained under arrest for years for putting children in ovens, keeping children in cages and other bizarre acts—none of which had any corroboration. How could this have happened? Answering these questions will keep historians employed for years.

In his column this month, Allen Feld introduces the idea that therapists might consider applying the management notions of "responsibility to" and "responsibility for" in their work. (p. 8) It is a fresh way to look at the responsibilities of mental health professionals.

If professionals followed the many points Feld has made over the years, we probably would have no need for the "From Our Readers" section of this newsletter. But that section does exist and in it are always the most personal and poignant messages about the consequences of the FMS tragedy. The letters from two retraction this month are especially moving. Gail MacDonald (p. 13) writes about how important the welcome by her family was in her reconciliation. Carol Diament (p. 10) writes about being in the middle of the FMS problem. She accused her parents and later reconciled with them, but her own children continue to be "believers" and are estranged from her still.

Families will be sweeping away the detritus of the false memory phenomenon for many years. It is our hope that the October conference about reconciliation will expedite that process by providing data on what has been observed and by setting a conceptual framework that will help both families and professionals who work with families. As always, we thank you for your support, and we look forward to seeing you in October.

Pamela

FMSF 800 Number To Be Phased Out

Times change and needs change. As the use of the web and the internet has expanded, most people now use them to contact the Foundation for help. The 800 number seems to be redundant, and we plan to phase it out during the summer of 2002. Of course, people can still reach us at 215-940-1042.

special thanks

We extend a very special "Thank you" to all of the people who help prepare the FMSF Newsletter. Editorial Support: Toby Feld, Allen Feld, Janet Fetkowitz, Howard Fishman, Peter Freyd. Columnists: August Piper, Jr. and Members of the FMSF Scientific Advisory Board. Letters and information: Our Readers.

SAVE THESE DATES

When? Sat. October 5 and Sun. October 6, 2002
Why? A National Conference on Family Reconciliation
Where? Glenview, Illinois (Chicago suburb)
Double Tree Hotel in Glenview (847-803-9800)
Ask for special conference rate.
Who? Cosponsored by the FMS Foundation and the Illinois-Wisconsin False Memory Society
What? Presentations will focus on Reconciliation.
Speakers will include: Harold Lief, M.D., Elizabeth Loftus, Ph.D., Paul McHugh, M.D., William Smoler, Esq., Herzl Spiro, M.D., Ph.D.
There will be several panels, and, of course, Round Tables for discussion of topics of special interest to families.
Registration material will appear in the July/August newsletter and will also be sent in a separate mailing.

Featured speakers Elizabeth Loftus, Ph.D. and Paul McHugh, M.D. are probably well-known to most of you from their appearances at previous national conferences and their prominent role as FMSF Advisory Board Members. Loftus, a faculty member of the University of Washington Psychology Department, is one of the nation's leading memory researchers and McHugh recently retired after 27 years as chairman of the Psychiatry Department of Johns Hopkins Medical Institutions. Herzl Spiro, M.D., Ph.D. is a prolific researcher and author who totally reorganized the giant Milwaukee County Mental Health Complex. He is a clinical professor at the Medical College of Wisconsin. Loftus, McHugh and Spiro have served as expert witnesses in many high-profile FMS cases.

Harold Lief, M.D. is a noted Philadelphia psychiatrist who was on the faculty of the University of Pennsylvania Department of Psychiatry for many years. He has been instrumental in bridging the gap between the recent FMSF survey results and what they mean to families.

William Smoler, Esq. is the attorney who represented Joan Hess and Nadean Cool, retraction who received substantial awards. In his work with the Sawyer and Johnson cases, he has been instrumental in changing Wisconsin judicial precedent so that third-parties have standing to hold therapists accountable for the destruction of families.

There will be three exciting panels: Retractors will discuss and answer questions about their own paths to reconciliation; Therapists will explain how they can be part of the solution for families; and professionals will discuss how they and families can work with professional organizations and religious-affiliated counselors.

SEE YOU IN OCTOBER
Landmark Decisions in the Netherlands
Adriaan Mak

Five years ago the world seemed to have come to an end for an elderly couple in the small town of Druten in the Netherlands. For nineteen days they had been interrogated by the police as result of charges of abuse brought by an adult daughter. The daughter’s social worker therapist dabbling in guided imagery had stimulated the daughter to believe that she had been a childhood victim of the most gruesome of abuses, which included incest, followed by pregnancy and the forced eating of fetuses.

Fortunately, by court order, prosecution against the parents was soon halted and all criminal charges were eventually dropped. However, the daughter, on the advice of the therapist, had launched a civil suit asking compensation for the imagined abuses.

On February 6, 2002 an Arnhem court not only rejected that claim, but fully sided with expert witness Dr. R. Bullens of Amsterdam, professor of child and adolescent psychology, whose investigation indicated that the client’s incredible confabulations had been encouraged by the therapist.

The parents’ attorney, F. van Veghel, considered that pronouncement a landmark decision and predicted that this could well lead to a verdict in a concurrent malpractice suit against the therapist.

Indeed, on March 3, in a decision, another first of its kind in the Netherlands, an Arnhem court ordered the therapist to make reparation payments of 19000 Euro to the falsely accused parents. This judgment has now established the principle that therapists owe a duty of care not only to their clients, but also to third parties.

Mr. Jan Buijs, spokesperson for the Workgroup Fictive Memories, who knows of over 90 similar cases where false charges have been brought to the police, mentioned that the verdicts are a warning to therapists, not only unregulated ones using “alternative” methods, but also those within the regulated professions, who uncritically accept the stories of their clients.

A prominent attorney, C. Veraart, who has experience with similar false claims of incest, agrees. He has seen many falsely accused people experience a living hell as a result. Recently, following a report by noted memory researcher Dr. Willem Wagenaar, who strongly criticized the suggestive methods of a hypnoto-therapist, the charges against one of Veraart’s clients were also dropped. With the Arnhem verdict, Veraart now sees the way clear to serve the therapist with a hefty claim.

Adriaan Mak is a prolific letter writer and for many years was the publisher of the Canadian FMS newsletter. He lives in London, Ontario.

The Bloated Corpse
Mark Pendergrast

In Victims of Memory (1995, 1996), I wrote: “I doubt it [recovered memory therapy] will die out completely. Once an idea enters the cultural mainstream, it has a way of resurfacing like a bloated corpse every few years.” I am afraid that the corpse is rising again, if it ever truly sank. Recovered memories are coming back into style with the mounting hysteria over accusations of sexual abuse by priests, with new cases involving recovered memories proliferating. It is frightening that media coverage, in general, has reverted to uncritical belief in recovered memory claims. Perhaps we have a new generation of young journalists who don’t recall what happened when The Courage to Heal was a bestseller.

Although the active practice of recovered memory therapy has subsided, I do not think that the mindset behind it has ever disappeared. Many therapists still believe in this pseudoscience; they are just afraid to espouse it publicly. Theosophic counseling, a currently popular so-called Christian form of therapy, tells people that Jesus will reveal their repressed traumatic memories to them. Last year, a New York psychiatrist killed his 38-year-old patient while giving her a bizarre gas treatment to help her recover memories. A Colorado child psychologist who uses dildos in leading interviews with children stated a few weeks ago, “If people would just open their eyes to it [his dildo therapy], it could be as effective as EMDR and hypnosis.” No doubt.

Last month I got an email from a woman who has completed all but her dissertation for a degree in clinical psychology from a well-known university. She prefers to remain anonymous. “I have been shaken by the lack of awareness of this problem [recovered memory therapy/false memories] at the centers where I have been trained. Most of the therapists I know claim to maintain neutrality regarding memories, but they also believe that massive repression exists in some or many cases. In addition, there are still so many young women and men who continue to come to therapy looking for reasons for their pain, and my experience is that some of them will go the way of abuse memories even if the therapist does not. In my short time as a student therapist at this university’s student health center, I was asked by clients more times than I would have ever expected if forgotten abuse might be a cause of their unhappiness. I still see copies of The Courage to Heal on my colleagues’ bookcases.”

She didn’t learn much about this issue in grad school. “Honestly, I don’t remember much instruction about recovered memories at all, except for a brief mention during a psychopathology class that the diagnosis of DID is controversial.” One of the social workers with whom she works believes in recovered memories and “stressed to me that she feels it is important to
remain open to what the client brings.” At another walk-in clinic, there is a social work student who “spoke openly about the memories her clients were uncovering, and spoke proudly about having helped a client realize that what she’d interpreted as a physical problem was actually a body memory.”

In my own local Unitarian Universalist church, a minister recently gave a sermon based on Proverbs of Ashes, by Rita Nakashima Brock and Rebecca Ann Parker (Beacon Press, 2001), and the book was excerpted in UU World, the national church publication. There is a chapter in the book in which Parker explains how she recovered memories of being sexually abused by a neighbor. It is classic recovered memory therapy, and no one at the publishers questioned it, nor has anyone else that I know of.

Alarmed by all of this, I called “Robin Newsome,” the retractor Christian therapist in the second edition of Victims of Memory. “It seems to me,” she said, “that the idea of recovered memories is still completely accepted across the United States and Canada.” She confirms that “Theophostic counseling is one place I’m very aware that recovered memory therapy is alive and well. A woman I know asked me to look at the material, and it has a great deal about repressed memories and MPD. Lay people are being trained to be sensitive to work with patients to help them recover these memories. I told her to be really careful, but it’s highly unlikely that she took any counsel from me.”

A year ago, Newsome had a client who had just moved to her area and who was looking for a new therapist to continue to work on her satanic ritual abuse memories. “I told her I had some experience that left me with real concerns about this kind of therapy, and at that point, she became extremely angry at me and was just incredulous that a therapist would even suggest that what she was saying was not the absolute truth. I didn’t have the impression that anyone had ever talked to her about the possibility of false memories. This was 2001. That’s frightening.”

Indeed it is. One of Newsome’s colleagues has fallen in love with another therapist who does MPD therapy with children. Newsome recently had a second-generation MPD client. Her mother thinks she has alters, and so does the adult daughter. “I only discovered this in the fourth session, after we’d been dealing with marriage stressors. She asked if I worked with MPD, and she was floored when I said, ‘No,’ and told her that this is a controversial theory. She just didn’t understand that. She talked to her mother about it and then asked if I would be willing to pray about this, and I said, ‘No, I’ve done my praying about it.’”

Newsome is particularly alarmed that MPD in the guise of DID is still in the Diagnostic and Statistical Manual. “I have a friend who works in a mental health association, and she says that many people come through their doors claiming to have MPD.” Thank goodness, they ignore it, dealing with the here-and-now, and the MPD wannabes tend to get better.

Most therapists and ministers are still afraid to cast doubt on recovered memories, Newsome says. “If someone came to their pastor saying that they thought they had been a horse thief in a former life, the pastor would have said, ‘As Christians, we don’t believe in reincarnation.’ And the same thing would happen if they remembered being abducted by aliens. But if they said they went to a therapist and had begun to recover memories, the pastor will say, ‘Really? Can we pray for you?’ They would completely believe it.”

So I am sounding a warning. We may have won the battle but lost the war. Indeed, we may not even have won the battle. I am going to speak at a conference about true and false accusations of sexual abuse at the University of Western Ontario in May. The head of the Department of Psychiatry, Dr. Sandra Fisman, refused to support the conference or give it CEU credits because it was “too controversial” and “outside the mainstream” of psychiatric issues. It turns out that Fisman has published several items indicating her belief in recovered memories.

In Victims of Memory, I estimated that there were several million cases of recovered memories in the United States. Some have scoffed at this outlandish figure, asking for proof. I based the estimate on surveys that indicated some 25% of American counselors specialized in recovered memory therapy at its height in the early 1990s. I also based it on anecdotal evidence. It is amazing how frequently I run into FMS stories. Recovered memories have affected the families of one out of every ten people I talk to at random—on airplanes, for instance. But you have to bring up the subject, because people don’t voluntarily talk about it. I wish someone would pay for a random Gallup or Roper survey that might give us a more scientific figure, since the number of families who have contacted the FMS Foundation is just the tip of the iceberg—but such a survey would cost a huge amount of money.

What is the solution? Keep everlastingly at it. Educate. Write letters. Protest. Never give up. We are talking about the lives and minds of our children and friends, and they are worth fighting for.

Mark Pendergrast is the author of Victims of Memory, Uncommon Grounds and For God, Country and Coca Cola. He can be reached at markp@nasw.org

“Every journey into the past is complicated by delusions, false memories, and false namings of real events.”

Adrienne Rich
Poet of Woman Born (1976)
Recent Comments About Memory in the News Media

Disturbing

"Busa said a base psychiatrist diagnosed him with post-traumatic stress disorder and explained how his memories may have been repressed. He became suicidal, then checked into a private hospital."

Good, O.S. "Controversy sparks airman's memory: Man to quit the military after recalling alleged childhood abuse at hand of Massachusetts priest." Rocky Mountain News, April 15, 2002

"Repressed memories are a common result of sexual abuse of children. The abused child's brain blocks out a memory of a painful or difficult event until the child's intelligence and maturity can better handle the stress of the event."

Finney, D. P., "Breaking the silence. Sexual abuse of kids causes untold misery" Omaha World-Herald, April 7, 2002

"Some victims are so traumatized that they repress memories of the events. Dion, J.R. "More days before deadline" Trial, September 1, 2002

"His is a case of repressed memory, a controversial diagnosis since its treatment exploded in the 1980s, increasingly challenged in the psychological community. More specifically, he's been diagnosed with dissociative disorder, thought to be a common childhood coping response to abuse, in which the young victim dissociates, or 'psychologically flees,' from the encounter."

Wilson, M. "Suit accuses two Mount Angel priests of sex-abuse" The Oregonian, April 14, 2002

"What distinguishes repressed memory is the emotional context in which it occurs," said Richard Treon, Watson's attorney. "A kid who comes from a family that is so Catholic, so tied to the church and so imbued with the idea that whatever a priest does is sacrosanct, this kid is put into a terrible dilemma."

Baker, N. "Courts back repressed-memory claims in church abuse cases" The Arizona Republic, April 1, 2002

Accurate

"Memories formed during stress are more intense and longer-lasting, and it is this phenomenon that scientists are trying to understand."

"Each time a memory is retrieved, according to [Ledoux's] studies in animals, the information is put into a new context, updated and then restored."

Jamie Talan "Targeting the Structure of Horrific Memories" New York Newsday, January 29, 2002

"It is no accident that the memories associated with a traumatic event can be summoned so vividly. Strong emotions release a flood of stress hormones in the body, including adrenaline and cortisol... The presence of high levels of stress hormones promotes the formation of memories that are long-lasting and easily recalled in the amygdala, a brain structure centrally involved in emotional response."

Goode, E. "Traumatic moments end, but the reminders linger" The New York Times, November 6, 2001
(describing research of James L. McGaugh, Ph.D.)

"The theory of repressed memory — when a person experiences a horrible event and recalls it only years later — is generally unsupported by science. The more horrifying, the more emotionally powerful it is, the more likely you're going to remember it. What is possible, though, is that a child may find being sexually abused to be an uncomfortable and confusing ordeal, especially if the person is too young to understand what has happened. Unable to process the abuse, the child may try to put it out of his or her mind."

Richard McNally quoted in
Rothstein, K. "Expert says memories of abuse can be recalled" The Patriot Ledger, March 12, 2002

"You have to distinguish between the scientific definition of repressed memory and the sort of thing that attorneys turn it into in the courtroom. What tends to get introduced (as evidence) is normal forgetting. For example, a person who has had a traumatic experience may choose not to think about the incident. Or, that person may forget the details but never forget the gist. Neither of these circumstances constitute repressed memory."

Charles Brainard quoted in
Baker, N. "Courts back repressed-memory claims in church abuse cases" The Arizona Republic, April 1, 2002

"Some memories are interesting, significant, only if they are strictly true. 'Nonfiction' narratives of childhood trauma and holocaust are surely of this nature. For every time 'true' stories in these genres are exposed as bogus, the phenomenon of child abuse and the history of the Shoah are eroded and relegated to the revisionary realms of myth and legend."

John Cornwell "This boy's account of childhood abuse and his fight for life shocked America and became a bestseller. But is he for real? - The ghost writer" The Weekend Australian, April 20, 2002
Because of the continuing misuse of trust, power, and authority in some forms of mental health treatment, and because of our sense of social responsibility to the victims of these treatments, we, the assembled members of the Scientific and Professional Advisory Board of the False Memory Syndrome Foundation, unanimously agree to the following:

1. We endorse the major conclusions of the Working Group on Reported Recovered Memories of Child Sexual Abuse of the Royal College of Psychiatrists that “there is no reliable means of distinguishing a true memory from an illusory one other than by external confirmation. There are, of course, some memories so bizarre or impossible that they are not credible. If something could not happen, it did not happen.” (British Journal of Psychiatry, 1998, 172, p. 304)

2. We also endorse their conclusion that “Evidence does not support the existence of ‘robust repression’.” We would add that because exactly what is meant by the terms “repression” and “dissociation” is far from clear, their use has become idiosyncratic, metaphoric, and arbitrary.

3. Moreover, we find no credible evidence that procedures based on assumptions of the historic accuracy of “recovered memories” of childhood sexual abuse benefit distressed individuals.

4. In contrast, we find increasing evidence that such procedures can severely harm patients and their families.

5. Despite growing awareness of these concerns in public and professional circles, no major United States mental health professional association has acted decisively to prevent its members from contributing to this public health problem.

Therefore, we recommend the following goals for the Foundation:

a. The Foundation should continue its mission of assisting patients and families, providing scientific and legal information, and educating the community.

b. The Foundation should seek to dissuade mental health professionals and the public from the practices and beliefs that promote false allegations and ineffective and potentially harmful treatment.

c. The Foundation’s activities should include education of mental health professionals in all disciplines, their respective professional organizations, and the private and public institutions supporting their work.

d. The Foundation should also direct its educational efforts toward related professionals, such as judges and attorneys, and those in social services and law enforcement.

e. Finally, the Foundation should strongly encourage further rigorous scientific research in all those disciplines bearing on these issues.
A Life in Pieces: The Making and Unmaking of Binjamin Wilkomirski
REVIEWER: Mark Pendergrast

"Reportage, like testimony, requires trust," Blake Eskin observes in this fascinating exploration into how a Swiss-born child named Bruno Grosjean turned himself into a fake Holocaust survivor named Binjamin Wilkomirski, hailed for his supposedly autobiographical 1995 book, Fragments: A Life in Pieces. Eskin's balanced voice earns our trust, and in the process we follow him as he tries to answer multiple questions.

Why and how would someone want to make up such a terrible history?

Why would many publishers, critics, readers, psychotherapists, and real Holocaust survivors be so eager to embrace it?

When Wilkomirski's history was definitively debunked, why did many supporters refuse to face the facts?

Eskin provides tantalizing leads but few solid answers. He tells the story as a personal essay in which he is (in part) searching for his own past. His great-grandmother was born Anna Wilkomirski of Riga, though the family anglicized it to Wilbur when they arrived in the United States in the 1930s. Had the Jewish Wilkomirskis not departed, Blake Eskin might not exist, since they probably would have perished in the concentration camps.

Thus, when Eskin, a young journalist, learned that Binjamin Wilkomirski was coming to the United States in 1997 to speak at the Holocaust Museum in Washington, DC, he arranged an assignment to interview him, and he also brought together the Wilbur clan to meet him. Eskin told Wilkomirski that his visit might give the Wilburs a piece of their own identity. "Everything new you get into your mind, it changes you," Wilkomirski replied. "You're not the same anymore as before."

Indeed. And here this reviewer must reveal his own involvement. Eskin quotes from a letter I wrote to three prominent Holocaust scholars in April 1998, asking them to examine Fragments. Roger Scotford, the founder of the British False Memory Society, had sent me the book, asking my opinion. I had written a book critical of recovered memory therapy, and I was struck here by the same fragment-ed horror-story quality, with implausible, stereotypical plot elements, supposedly recalled from infancy, when people cannot record such memories. I suspected that Wilkomirski had been in therapy to help him revise his personal history.

I was right. A few months later, Swiss journalist Daniel Ganzfried thoroughly documented that Wilkomirski was born Bruno Grosjean, then adopted by the Doessekkers. He had never been in a concentration camp. He was not even Jewish. Subsequent investigators, including Stefan Maechler, the historian hired by the German publisher to look into Wilkomirski's claims, further discredited the Holocaust story. Maechler produced his own detailed book, The Wilkomirski Affair: A Study in Biographical Truth ( Schocken, 2001).

For quite a while, Eskin didn't want to believe the truth. "I feel terrible for Binjamin and what he must be going through," he writes. Eskin would hate to throw in his lot with right-wing Holocaust deniers. He documents the very real traumas suffered by children in the Holocaust, as well as the revelations that the "neutral" Swiss government was anti-Semitic during the war.

Gradually, however, Eskin came to realize that Wilkomirski was a fraud, not a cousin. He was particularly shaken when he discovered that Lauren Grabowsk, another fake child Holocaust survivor who "remembered" Wilkomirski from the camps, was none other than Lauren Stratford, the author of Satan's Underground, a horrendous 1988 recovered memory book about mythical satanic ritual abuse cults.

And here is an answer to Eskin's question. Many people will indeed create horrendous memories of sexual abuse, violence, and persecution because they explain everything that has gone wrong in their lives, from failed relationships to medical problems, and because they garner a great deal of sympathy and attention. Yes, Wilkomirski was in therapy to help him reconstruct and solidify his memories, and it was psychotherapists who continued to champion his cause, declaring the book's factual content irrelevant—it is the emotional truth that matters.

This kind of nonsense will be all too familiar to readers of the FMS Foundation Newsletter, as will Wilkomirski's inane prattle about pre-verbal memories, body memories, and visualization techniques. What is strange is that neither Eskin nor any other writers about the Wilkomirski mess seem to really get it. They refer only in passing to the "hot debate in the United States over recovered memories" but do not make the connection that Wilkomirski's therapist, Monika Matta, was the crucial factor in helping him to invent his memories and write his book, with help from Israeli therapist Elitsur Bernstein. True, Wilkomirski had been building his Holocaust persona for years, but it was only when he entered therapy in 1992 and began to "visualize," turning his story into a coherent narrative, that he really blossomed as a fake survivor. Just as MPD routinely incorporate stereotypical scenes from Sybil into their own "memories," Wilkomirski
Responsibility
Allen Feld

At times, therapists have put aside the notion that their patients are accountable for their actions. An example of this inclination to reduce or eliminate responsibility is the increasing reference to patients as victims. We also find an increased use of the word in the media, as well as in the public at large. Certainly, there are victims. There are people who, through no fault of their own, have been harmed and are not in any way responsible for the harm that has befallen them. I believe that the expanded use of the victim status has lessened the expectation of personal responsibility.

Management texts often discuss the dual aspect of managerial responsibility as RESPONSIBILITY FOR and RESPONSIBILITY TO. There seems to be an application of this dual perspective for therapists.

I believe that there is a general acceptance of what therapists are RESPONSIBLE FOR. Some of these responsibilities, both explicit and implicit, include:

- Providing competent service to patients
- Keeping current and informed on the evolving knowledge in their field
- Being knowledgeable about the problems the patient wishes to address
- Trying to prevent harm to the patients
- Trying to prevent the patient from harming others
- Avoiding personal involvement with patients
- Protecting patient's confidentiality
- Maintaining appropriate records

The RESPONSIBLE TO aspect may be more controversial. I am not aware of any disagreement about therapists being RESPONSIBLE TO their adult patients. However, this responsibility is compromised when therapists create the circumstances that lead a patient to develop false beliefs (“memories”).

While the legal implications of this responsibility may be somewhat fuzzy, I believe, without qualification, that there are moral implications. The admonishment “Do No Harm” requires therapists, when dealing with uncorroborated beliefs that are purely an outgrowth of their therapy, to be RESPONSIBLE TO those people a patient might come to believe had abused them. Therapists who engage in recovered memory therapy insist that they have no responsibility to those who are accused, even if there is no corroboration of the abuse.

Unfortunately, dodging RESPONSIBILITY TO the accused and others has broad support in the professional community, particularly when enmeshed with the claim of protecting patient confidentiality. The political climate and the belated recognition of the extent of child abuse also contribute to avoiding RESPONSIBILITY TO others.

Reconciling competing values is something therapists must often do. In the case of recovered memories, the therapist has a vested interest in maintaining his or her belief, and the boundaries of objectivity are blurred.

At this time there is little recourse for accused families in this situation. Because it is difficult and frustrating to get licensing boards and professional organizations to deal with grievances, the courts continue to be the obvious path to take to hold therapists “RESPONSIBLE TO”.

Public policy should reflect therapists’ responsibility to all parties affected by their therapy. After all, unlike the beliefs that many of their patients develop, therapists have greater freedom to choose and implement the therapy they will use and how to practice it.

They should bear the responsibility for their choices.

“Given this level of prejudice and ignorance, it is hardly surprising that many people falsely accused of such crimes have committed suicide. Yet these tragedies have failed to curb the hysteria. Nor have the gaping holes that have appeared in basic tenets promoted by true believers - such as the infallibility of recovered memories and of diagnosis using genitally correct dolls.”

In December 1996, thirty-six-year-old Benita Tobin sued her father's estate, claiming she had been battered and sexually assaulted by her father from the age of five to the age of thirty-one. Her father, Ben Tobin was a wealthy real estate developer who died in June of 1996. Ms. Tobin claimed he molested her once or twice a year except for the one year she lived with him as a teenager, during which she claimed he regularly abused her. She claimed that after her marriage in 1981, her father continued his abuse when she traveled from her home in California to visit him in New York. She also alleged that he abused her when she vacationed with him on two occasions.

The defendants filed motions for summary judgment, arguing that the claims were barred by the Florida statute of limitations. In 1992, Florida law extended the statute from four years after the abuse occurred to four years after the injured party discovered the injury or the causal relationship between the injury and the abuse. The appellant testified that she discovered the relationship between her psychological injuries and the prior sexual abuse in the summer of 1996 when she was in counseling. She had never discussed this with any prior therapist.

The appellant testified that she was fully aware of the fact that she was engaging in sexual relations with her father, even as a minor. However, the court noted that she failed to file suit within four years of the last sexual contact, which allegedly occurred during September 1991.

The appeals court affirmed the trial court's orders granting summary judgment.

Updates of cases we have been following:

Amirault: Massachusetts Governor Jane Swift rejected the recommendation of the state parole board and did not commute Gerald Amirault's sentence. Gerald Amirault then applied for early parole. However, a three-member panel of the Massachusetts Department of Corrections decided that since Gerald Amirault had refused to participate in a treatment program for sex offenders, he was therefore considered to be "in denial." He was denied permission for early parole. Amirault has served nearly 16 years after his conviction in the Fels Acre day care case, one of the most sensational mass child-abuse cases of the 1980s. His mother, Violet Amirault, and sister, Cheryl LeFave who were also convicted, were freed in 1995 after serving 8 years.

Hamilton: Ted Hamilton, a Canadian who spent six years in prison for abusing his daughter, was released last year and is currently working to have his name cleared. The Courage to Heal figured prominently in the accusations against him. His daughter testified to such bizarre things as being put in the electric kitchen stove when she was three, along with her younger brother. There was no corroborating evidence for any of the charges against him.

Ingram: Paul Ingram, the Washington state law enforcement official who pled guilty to molesting his daughters and to holding satanic rituals at his house, is eligible for release from prison after serving 13 years. Ingram gained national attention after Larry Wright wrote about him in a New Yorker article that became the book Remembering Satan. Of particular interest was the role played by Richard Ofshe, Ph.D., who showed that Ingram's guilty plea was based on a false memory encouraged by Ingram's pastor and others. Ofshe showed that Ingram would confess when his interrogators told him he would be able to remember the incidents after he confessed.

Souza: Shirley and Ray Souza, who have been under house arrest in Massachusetts since 1993, are to be released on May 10, having completed their sentence. Found guilty by the same judge who presided in the Amirault case, the Souzas were accused of sexually abusing their grandchild and of keeping them in a cage in their basement and giving them a green potion. This happened after their daughter had a dream and recovered memories that she had been abused by her parents and that her mother had a penis.

Without therapy [Wilkomirski's] manuscript would not have materialized. Ever since Donald P. Spence's brilliant essay appeared in 1982 on narrative and historical truth in psychoanalysis, we know how profoundly the interchange between client and therapist can influence memories. Spence shows with authority that only narrative truth can emerge in a therapeutic setting. He understands narrative truth to mean an aesthetically successful, fully developed account, which gives a satisfying rendition of suffering and creates its own reality in the therapy. Historic truth, however, which is characterized by referential links to the past, remains elusive. Wilkomirski's psychologist had a different viewpoint -- she explained that, based on twenty years experience of treating childhood traumas, she could clearly distinguish between authentic and apparently real experiences.

Stefan Macchler "Wilkomirski the Victim" History & Memory, Vol 13, No 2 Fall/Winter 2001
Betrayed
Carol Diament

In my wildest imagination I could have never believed that seeking help for marital problems from two licensed therapists would cause me to lose my marriage, my children, my extended family and most of my friends, my home, my community, my pets, my financial security, and, for a time, my mind.

Due to the phenomenon most of us who read this newsletter know all too well -- the false memory syndrome -- my life careened completely out of control and brought me to the brink of suicide.

I think back to my pre-therapy self as someone who had a pretty good handle on life. I grew up in household in suburban Philadelphia with two parents and three sisters, did well in school, and always had plenty of friends. No one's life is perfect but mine was good enough. I prided myself for being practical, rational, and someone people could count on.

I married a man I'd known in high school and, after I worked a successful career in real estate, I stayed home to raise our two beautiful children while my husband ran a thriving business.

By 1989, after nine years of marriage, things had soured between us. I was 37 years old. My children were five and seven. For the first time I thought our problems were serious enough for us to seek professional help. Maybe because I had never been dramatically challenged in my life until then, the thought that I could end up divorced and a single parent if the problems didn't resolve themselves threw me into a state of panic. I'd never thought of divorce as even a remote possibility. Now it was looming.

I was the one who dragged my husband into therapy, and I was the one who chose the therapists. Little did I know that a casual question to a friend, “Do you know anyone who does marriage counseling?” would change my life forever. The friend didn't really know the two women therapists who called themselves Genesis Associates, but had heard of them. They were located in Exton, Pa., a twenty minutes car ride from our home. The next day our local newspaper ran a feature article about them. They sounded ideal.

Because of my feelings of desperation about my marriage, my critical thinking skills were already compromised before I walked in for our first session with Patricia Mansmann. I saw her arrogance as confidence and her approach to therapy as cutting edge instead of unproven and unethical. My husband, who had always expressed an aversion to therapy, actually clicked with her at that first session. That blinded me further.

Mansmann's office was neat, her demeanor jolly, and she had an uncanny ability to tell her clients just what they needed to hear. In my case she offered the sweet words of hope that our marriage could be saved.

How I went from seeking marriage counseling to ultimately believing I had been incested by my father from birth and had grown up in a family who had practiced multi-generational satanic ritual abuse is a long and complicated story. But the simple version is that Pat Mansmann first gained my trust by offering suggestions that did, in fact, improve my marriage. She had delivered.

What I didn't see was that she was making me dependent on her. She solved problems that I hadn't been able to figure out. She told me what to do and sometimes even what to say — and it worked. I came away from my sessions with her feeling like she knew more about me than I knew about myself. Asking her what I should do became a habit. I put her on a pedestal.

When she suggested I go to a five-day live-in workshop with thirty of her clients whom I didn't know, I jumped at the chance. She explained that we would all be examining issues from our childhoods and that the workshop would be the equivalent of a year in therapy.

The five-day workshop was the real descent into therapy hell. When I got there I found out no one was allowed to leave or make phone calls. I was completely over-stimulated by group therapy and therapeutic exercises that went on from early morning until late at night. I barely slept and barely ate. Most of the other clients there were working on memories of sexual and satanic ritual abuse. About three days into the workshop something in my brain snapped; I, too, "remembered" that I was a victim of horrific abuse. I had no idea that I was really a victim of false memory therapy.

It made perfect sense when the therapists suggested after the workshop that I detach from my parents whom I believed to be the perpetrators. I threw myself into intensive therapy to "heal" from my "abuse." I devoured what I now think is one of the most harmful books ever written, The Courage to Heal.

But I never felt healed even after three years of therapy. Mansmann had convinced me I had multiple personalities and eventually ordered me to leave my husband and my children, convincing me I was a danger to them. She said over and over, "If you really love them you will leave." I was to live in isolation and try to figure out why I didn't seem to want to heal from my abuse. I did leave and lived a year of hell missing them desperately every minute, but believing Mansmann that my very life was at stake if I didn't follow her directive to stay away.

My mental health, already very shaky, finally deteriorated to the point that I checked myself into a mental hospital and had a nervous breakdown.
Ultimately that was just the beginning of my getting away from Genesis. It took another year for enough light bulbs to go off to really understand the level of harm that had been done to me. Eventually I sued the therapists and the case settled out of court.

The Genesis therapists were not only out to implant memories — they were out to destroy families and lives. But I don’t believe that all therapists who practice recovered memory therapy are evil. Some have good intentions but are terribly misguided or they simply got caught up in the wave for a time.

I do believe that those of us who have been subjected to this type of therapy are victims, and that we are no more accountable for our behavior than rape victims. We didn’t choose to have false memories and although our behaviors may seem incredibly cruel and stupid, we are not acting in our right minds while under the spell of these therapists.

I was very fortunate that my parents forgave me for accusing them of such heinous crimes and for refusing to have any contact with them for seven years. They knew I was brainwashed. They waited patiently for me to make the first moves at reconciliation and welcomed me back with open arms. They never expected me to take responsibility for what happened to them. Of course I told them I was terribly sorry that they had suffered so much. Even though I knew it wasn’t my fault, I still felt horrible about how badly they were hurt.

Today, my parents and I have a better relationship than ever. They are well into their eighties and I shudder to think about what would have happened if they had died while I was still in therapy and then figured out all of the memories were false.

Unfortunately things have not gone so well with my now ex-husband and my children. At the behest of the Genesis therapists, they continue to believe that my memories were real, that I’m in some terrible kind of denial, and that I’m crazy. Despite a three-year custody battle, I have been unable to break through the wall that surrounds my children. I have not had a relationship with them for almost nine years.

Now I’m the one trying to wait patiently for my son and daughter, now 20 and 18 years old, to contact me. At least I have the luxury of understanding their entrenchment better than most. I know that pressuring them doesn’t work (believe me, I tried it anyway) and that they must somehow find their own way out of the maze.

I write to them on holidays and their birthdays and hang on to the belief that someday they will come back to me just as I did to my parents. When they do there will be no apologies necessary. In the meantime all I can do is hope and pray, rebuild my life and try to help others avoid the utter devastation caused by recovered memory therapy.

Carol Diament is now a journalism student, and her full story appears in Philadelphia Magazine, February, 2002, 73-83.

"There is a consensus among memory researchers and clinicians that most people who were sexually abused as children remember all or part of what happened to them although they may not fully understand or disclose it. Concerning the issue of a recovered vs. a pseudo-memory, like many questions in science, the final answer is yet to be known. But most leaders in the field agree that although it is a rare occurrence, a memory of early childhood abuse that has been forgotten can be remembered later. However, these leaders also agree that it is possible to construct convincing pseudo-memories for events that never took place."

American Psychological Association 1996
A Letter Sent to FMSF Staff:

Thank you so much for your recent call. It’s such a real encouragement to hear your voice.

The birthday dinner turned out very well. My daughter, who recently turned 59, was polite and smiling. This was the first time she had come here since asking my forgiveness for “staying away so long.” It was a step in the right direction. We had shrimp, her favorite, and lots of special treats.

My son was agreeable but with reticence.

I am most grateful and I am thinking of all the many families who have not had even this much encouragement. Oh, if only our prayers are answered to make therapists and counselors forced to be better trained!

I am enclosing a small check and wish I could do more. I try to picture your face. Your voice is so comforting. An 87-year-old widow

Gut-Wrenching Pain

This past weekend I was enjoying the company of my daughter and my two beautiful grandchildren—a pleasure that was denied to me for over a year. I told my daughter that it would be hard for me to bear malice against her therapist because I was so happy since her retraction. I wondered if I would make a convincing courtroom witness in light of my forgiving attitude. Then the FMS Foundation Newsletter came in the mail and I sat down to browse. By the time I read the first page I was in a state of agitation and frustration that made me understand that nothing will ever erase the gut-wrenching pain and anxiety I experienced when I stood accused of a crime worse (to me) than murder. I recall the abuse hurled at me by my daughter’s therapist before I knew what the problem was. I remembered the police coming to my home to arrest me for violating a restraining order that was never served. I recall gathering bits of information from friends and family concerning the welfare of my child and grandchild. A patient of mine, who works in our delivery room, told me I had a new grandson, offered to sneak me into the nursery for a look at him. I didn’t go for fear of imprisonment.

My daughter has been back for over a year, my grandchildren are an everyday part of my life now; still I sit here and write this with tears in my eyes recalling all the negative emotions and uncertainties of that experience.

I am grateful to the newsletter for not letting me forget. Because of pending litigation against the therapist and her associates, it would be prudent not to publish my name.

A dad

We Don’t Want to Hear “I’m sorry”

It has been eleven years since I saw my daughter’s sweet face. When I look at her pictures, I wonder how much she has changed. I wonder what our two grandchildren, one of whom we have never seen, are like.

To save ourselves more grief, however, we have decided to go on with our lives and try to keep just the good memories of her (and there are many). If she ever wants to come back to all of us, we don’t want to hear “I’m sorry.” We want to hear “it never happened.” We shall see!

A Mom and Dad

Why Would She Say It?

My heart goes out to both my daughter and my husband. I’m put right in the middle of this. I do not believe my husband of 25 years ever abused our daughter.

Our daughter lived in our house for 22 years and there was not one word about any abuse. She began to see an MSW. Then, on our 23rd wedding anniversary, she seemed to go crazy, made the accusations, ran out of the house, and has not been back since. She will still talk to me when I telephone but will not say a word about her dad. She was married last year and did not invite us to her wedding.

This has torn our whole family apart. Some in my family can’t understand why I am staying with my husband. They ask “Why would she say such a thing if it were not true?” I pray to God to please mend my family.

A heartbroken mom

One Day at A Time

We lost our daughter when we sent her to a drug rehab to try to save her life after a four-year drug addiction. When she left, she loved us. I remember the day that we hugged her good-bye and committed our precious child into the hands of counselors and strangers.

Last Christmas was the second holiday that our accusing daughter would not spend with us. Before the holiday came, I was angry about our situation that had resulted in all of our three children turning against each other. I wrote one letter to all of them, expressing rage and blame. I took it to a counselor before mailing it. The counselor advised me to tear it up and throw it away.

I took that advice, went home, and re-evaluated who I wanted to be and how I wanted to handle my fate. Together with my husband, we decided to forgive all and keep our home and hearts open despite the challenges that might be ahead. We drafted the following letter of love to our estranged daughter:

Dear “Daughter,”

Soon it will be Christmas. We anticipate that again you will decide not to be with us to celebrate this holiday.

Although you have chosen to separate from this family, we want you to know that we will never abandon you. As time passes,
we hope you will come to understand that we
are not what those others have said.

Today, we placed a red ribbon on the tree
in our front lawn as a symbol of the loving
hope in our hearts that someday you will
return. This beckoning ribbon will keep vigil
as the days, weeks, months, or years pass,
while we wait for you to renew the love you
once felt for us both. It will withstand wind,
rain, storms, ice, and intervals of bitter cold
and isolation— as will our commitment to
you.

Love
Mom and Dad

It is now almost Christmas one
year later. Our ribbon still stands firm
and strong, and we still wait. But
meanwhile, we live our lives one day at
a time, finding the love in others that
we can, and thanking God for the
numerous other blessings that have
been offered to us to enjoy.

Waiting parents

My Family Made the Difference

As a parent of adult children now
myself, I could not imagine losing
them with an accusation such as I
made. For the most part after I recant-
ed, I threw myself into trying to under-
stand how this crazy nightmare began
in the first place. I read everything.

When I started therapy, I never
asked the questions that might have
spared me my crazy journey. I believed
that my therapist was a professional —
someone who was trained and qual-
ified in his field. I knew nothing about
memory or the therapy process.

When I returned to my family, a
big key for me was taking responsibil-
ity for my actions. I needed to apolo-
gize in order to leave the “victim
place.” I might have been duped, but I
was still the key player in hurting my
parents.

I have talked about this process
with other recanters and it takes time.
The shame we take on after therapy is
something we each have to deal with.

My family received me back
with open arms. For this I am grateful. My
life is now productive, full and without
shame or guilt. Just as parents cannot
fix feelings that their adult children
deal with after recanting, children can-
not fix what their parents are feeling.
Both sides need compassion and for-
giveness.

My own children are young adults
today; their lives are just beginning.
Many times they have hurt me with
young people’s mistakes and words.
But, it’s a process. I love them uncondi-
tionally because I have learned so
much from my own mistakes.

Don’t give up on each other is the
message I want to relay. As I age, I see
so many of my parents’ traits in me —
both good and bad. While I hope to
pass on only good lessons to my own
children, I know that I mess up some-
times. But I forgive myself and move
on.

I hope this nonsense ends soon.
With gratitude always to the FMS
Foundation,

Gail MacDonald

The FMSF Was There

It’s been a while since I became a
member of the FMSF in 1992. Those
were trying times for me after the
dilemma so shockingly appeared on
my horizon. Then, one day in 1994 the
problem disappeared with a phone call
— as if nothing had happened. Life has
been beautiful ever since.

I know that my prayers helped. But
I will never forget those bleak days
when my only sustenance was my faith
in God and the fact that you and the
FMSF were there with the force of
logic, understanding and the clear
determination to answer unwarranted
accusations.

I again want to thank you for your
foresight in establishing the
Foundation that enabled me and other
thousands of parents to get through the
ordeal of a lifetime.

A happy dad

From Rumor To Reason:
Accusations of Child Sexual Abuse:
Current Scientific, Legal, and Cultural Perspectives

A One-day Conference for Psychologists, Attorneys,
Social Workers, and Law Enforcement Personnel

Thursday, May 16, 2002
Faculty of Law Building, University of Western Ontario, London, ON

Sponsored by Professors Emeritus of Psychiatry and the Faculty of Law

- Mark Pendergrast - Memory Creation and Science
- Terence W. Campbell, Ph.D. - Children, Suggestibility and Autobiographical Memory
- Timothy Moore, Ph.D. - Problems of Children’s Testimony
- Normal A. Peel, Q.C. - The Defense Against False Accusations in Canadian Courts
- Alfred Mann - The Interests of the Children
- Jack Quattrucci, Esq. - The Roles of the Legal System and Experts

Students and interested non-professionals are welcome.

FOR MORE INFORMATION
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Lunch
Betty & Gayle 515-270-6976

KANSAS
Wichita - Meeting as called
Pat 785-738-4840

KENTUCKY
Louisville - Last Sun. (MO) @ 2pm
Bob 502-367-1838

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Carolyn 207-364-8891
Portland - 4th Sun. (MO)
Wally & Bobby 207-887-9812

MASSACHUSETTS / NEW ENGLAND
Andover - 2nd Sun. (MO) @ 1pm
Annie 978-263-9795

MICHIGAN
Grand Rapids Area - 1st Mon. (MO)
Bill & Marge 616-383-0882
Greater Detroit Area -
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Ann Arbor
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Terry & Collette 507-642-3630
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St. Louis Area - call for meeting time
Karen 314-432-8789
Springfield - 4th Sat, Apr., Jul., Oct
@ 12:30pm
Tomi 417-753-4678
Rose 417-781-2086

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Victoria & Vancouver Island - 3rd Tues. (MO) @ 7:30pm
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