Sources for Quotes and Images

We welcome quote and photo suggestions. If you have any you would like to suggest please send them to DaleGodby@GAPDallas.com.

“Everyone is unique, so are their stories, and so are their paths to healing.”

This quote comes from the web site of “The Retreat”, a mental health center in York, England, founded in 1792 (http://www.theretreatyork.org.uk)

This image of a lone pine tree among aspens in the Wasatch Mountains, Utah is by Willie Holdman (http://www.willieholdman.com)
so are their stories...

This image of reflection and ripples in the Trinity River near the Trinity River Audubon Center, Dallas, Texas, USA is by Sean Fitzgerald (http://www.seanfitzgerald.com)

and so are their paths to healing.

This image of a path through tree trunks and spring grasses on the Texas Buckeye Trail, Trinity River, Dallas, Texas, USA is by Sean Fitzgerald (http://www.seanfitzgerald.com)
“Every life has a measure of sorrow. Sometimes it is this that awakens us.”
The quote comes from Jack Kornfield (http://www.jackkornfield.com)

The image is “Starry Night” by Vincent van Gogh

Sometimes it is this that awakens us
“Know your feelings and act out of wisdom”

The quote is by Gladys Guy Brown, PhD, ABPP, FAGPA, (1914-2002), a Dallas psychologist and group therapist, who had an inspiring impact on the Group Analytic Practice of Dallas. She and Dale C. Godby, PhD, ABPP, CGP ran 3 groups together for over 20 years. Dr. Brown had an intense commitment to finding the Divine Spark in each person and she had the ability to fan the fading embers of the self into a brilliant and unique light. She had a penetrating way to ally herself with the healthy aspects of the person, no matter how feeble, and to facilitate their stand against their most malignant self-defeating self. She was a warrior, always on the alert to the enemy forces within that might enfeeble or destroy one’s sense of self-respect or confidence.

The image of happy river runners on the Colorado River is by Willie Holdman (http://www.willieholdman.com)
“I dress the wound…
   God heals…”

The quote is from Ambroise Paré (1510-1590) a French surgeon.

The image is the stained glass spiral (“The Glory Window”) in Thanks-Giving Square, Dallas Texas. Thanks-Giving Square is dedicated to promoting the concept of giving thanks as a universal, human value. The Thanks-Giving Foundation promotes the spirit and unifying value of giving thanks in our community, nation, and the world. Chapel designed by Philip Johnson, stained glass by Gabriel Loire. Photograph by Sean Fitzgerald (http://www.seanfitzgerald.com). The spiral was chosen as the logo for the Group Analytic Practice of Dallas. A brief explanation is given below.

**GAPDallas Logo**

The graceful spiral is found everywhere in nature. From infinitely small forms—such as the double helix of the DNA molecule—to the forms of the nearly infinite spiral galaxies, one’s eye is invited to progress inwardly to the spirals very center. For millennia, fascinated mathematicians have called the spiral’s proportions “divine,” a precise “golden mean.” Jungian psychoanalyst Dr. Myrna Little, and her architect husband, Charlie Little, have given lectures over the years to interested societies on the golden mean. Dr. Little suggested the spiral as a possible logo for the Group Analytic Practice of Dallas because of its many layers of both mathematical and psychological meaning. In mathematics the spiral is a curve, which emanates from a central point, getting progressively farther away as it revolves around the point. In existential journeys the spiral represents the whole in movement that is both inward and outward. This fits well
with the group analytic idea of seeing the individual in the context of the larger group.

The spiral represented here forms the roof of the chapel at the site of Thanksgiving Square in Dallas, Texas. Thanksgiving Square was established to bring us together around the idea of thanksgiving and gratitude as a universal human value. Thanksgiving is an idea that resonates with all faiths and traditions. The stained glass in this spiral brings to mind an image that Huston Smith speaks about when he considers the relationship of the different faith traditions. Stained glass transmits the light from the outside world into our space. It offers a rich metaphor; allowing for significant differences between the faiths without pronouncing on their relative worth.

“The group is more powerful than any single individual”

The quote is by Louis Ormont, PhD, (1918-2008) a New York psychologist, group therapist, writer and teacher. He turned to group therapy from play writing because he liked not knowing how the story would end.

The image is from the finals of the 1999 FIFA Women’s World Cup and is of the American team charging Brandi Chastain after she scored the winning goal on penalty kicks. The final was between China and the US and was held in the Rose Bowl, Pasadena, California and was the most-attended women’s sports event in history with an official attendance of 90,185. Photograph by Peter Read Miller and published in Sports Illustrated July 19, 1999. Used by permission.
These playful lines from Dr. Seuss point towards so much. Winnicott says “Psychotherapy takes place in the overlap of two areas of playing, that of the patient and that of the therapist….where playing is not possible then the work done by the therapist is directed towards bringing the patient from a state of not being able to play to one of being able to play.”

Dr. Seuss’s insight about our individuality brings to mind the essential tension between the individual and the group. William James expressed it in the following way, “The community stagnates without the impulse of the individual. The impulse dies away without the sympathy of the community.”