REVIEWS



ARCHETYPE: A Natural History of the Self

Anthony Stevens. Routledge and Keegan Paul. 1982. £12.50.

This book is a journey of discovery, rather like exploring two great rivers from their sources and then continuing onwards with the assurance that the two become one great waterway in the final stage. Dr. Stevens traces two kinds of self experience, that which belongs to mankind from the earliest dawn of mental functioning, and that bounded by a single life.

Thus this book fulfils its subtitle of "a Natural History of the Self", and it brings together the specialist findings of psychology, psychiatry, ethology and biology within a language that allows a particular continuity of imagery. The key to this is Jung's belief that all species have the ability to actualise an archetypal potential in the presence of experience. Archetypes are seen as biological entities already encoded in the psycho-physical organism. These primordial images have the capacity to involve through natural selection within the species and the individual. Each archetype-as-such needs to be distinguished from the ideas, images, feelings and behaviour which arise from the actualisation of that special archetype. It is only the inherent neuro-psychic system, the innate releasing mechanism which initiates behaviour by preparing the individual to find a needed presence. For instance, the small babe is able to search for the mother's breast by being prepared to find it.

Jung, ahead his time, outlined the idea of an essential biogrammar of behaviour encoded in each species, and available to each individual. However the author, following a heading "On Encountering Archetypes", engagingly quotes Jung as saying that though he had devoted over half a century to their study, archetypes must defeat all attempts to grasp them academically, for any archetype must be related to its feeling tone. "Archetypes gain life and meaning only when you take into account their numinosity, that is their relation to the living individual." In other words, an archetype is something to be experienced rather than defined. Now this is an important note of guidance to you, because by the end of the book some of you, too, will have had an experience, meaningful but hard to share in an academic manner.

SURVIVAL?

Body, Mind and Death in the Light of Psychic Experience.

David Lorimer. Routledge, Kegan Paul. 1984. £5.95.

The first 108 pages of this book is a rather over-ambitious summary of various past beliefs about life after death. The first chapter looks at animism, the Tibetan Book of the Dead and the Egyptian Book of the Dead. Then follows the Greek view from Homer to Plotinus. The third chapter is on the Chrisitan view. This first section of the suffers somewhat from being a summary. It is an adequate objective presentation but hardly does justice to the underlying experience and intensity of belief, and its relation to human life. And this section is inevitably highly selective. Historically many other sources could have been called on. However it provides a historical back cloth of a kind.

Only with the so-called Enlightenment in the seventeenth and eighteenth centuries do we arrive at people who thought that life after death might not exist. In the chapter headed 'Mind and Matter in the scientific and Cartesian framework' I think the author is more at home. We move on then to 'Modern Theories' which runs from Darwin and Freud to those moderns who go beyond the Newtonian world and revert again, or progress further, to a view of life after death, such as Alister Hardy, and John Baillie and Leslie Weatherhead on the Christian front—well selected names, though we can only have a paragraph or two on each.

The final section of the book opens with a chapter on Swedenborg (b. 1688) and his experiences and then a series of chapters detailing a large selection of cases under the headings: Apparitions, Experiences out of the Body, Near-death experiences, Post-mortem descriptions of bodily death, nearly 200 pages devoted to this excellently summarised body of evidence. In a final chapter of conclusions and challenges the author writes that whilst the data surveyed are not conclusive proof that the conscious self survives bodily death, they demand a comprehensive and coherent explanation. He himse'f thinks that 'we may reasonably expect life and light at the end of the tunnel'.

There are references, a valuable bibliography and a useful index.

JOHN M. TODD
Writer & Publisher

THROUGH GRIEF—the bereavement journey.

Elizabeth Collick, Darton Longman & Todd/Cruse. 1986. £2.95. Foreword by Claire Rayner. and THROUGH GRIEF audio-cassette. Cruse. £4.00 by post from Cruse House.

Elizabeth Collick is a widow and a bereavement counsellor. The book and cassette are sold separately and are companionate. The tape is addressed directly to the bereaved in a series of personal talks: Mrs. Collick follows the same "bereavement journey" on both, but with the material adapted to the spoken word, and music marks on tape what would, in the book, be chapter ends. The book is perhaps more evenly directed towards the bereaved and to counsellors, helpers, professionals and the general reader.

The bereaved—and particularly those who are grieving in isolation, searching for self-understanding and reassurances—are the focus of the author's concern. Although a Christian herself, this background of belief only enters by direct reference at certain times, and the content is otherwise universal. The presentation allows the freedom to dip in and out, to concentrate on one section at a time, one emotion or one mood. There is no easy solace offered, but a conviction central to both book and tape that expression of grief is necessary and helpful. "There is no way round grief, only a way through."

There is a feeling of comprehensiveness, with neither argument nor promulgation of any particular branch of research, but a journeying that is organic and developmental, throwing up the various experiences of grief and looking squarely at them. The point of acceptance and healing represent the goals of the journey. The grieving person's own pace and timing are respected. Authenticity comes from the people met by the author in groups and as individuals and from her own experience. Her respect for anyone experiencing bereavement and her urge to support them softens the authoritative punch this distilled, disciplined approach would otherwise have. Both book and tape are well produced and good value for money: good companions in a time of need.

DIANA KING

(continued from p. 19)

If a person absolutely refuses to talk, however, do not push too hard just then. It will only make the person angry and more stubborn, and more than likely a very bad argument will take place. This has happened to me several times when I wanted to be alone and people kept trying to make me talk in an effort to help me, and I got so angry one time I threw a chair at someone to make them go away. I had to be pushed very hard to open up, and it took the combined efforts of several people over a period of time in a place I could not get away from to do it. I do not think any one person on his own could have done it on his own, although different people helped in bits and pieces along the way. It is not pleasant, but sometimes people must be forced into things for their own good, as in my own case. However, most grieving people don't need drastic measures to help them: most can be helped gradually just by talking at different times, but not all at once.

Talking is **the** most important thing to help a person, and it will help them, even though they may deny it at the time. If you don't feel you can deal with talking to a person, don't do it. There is no point in both of you feeling awkward and getting upset. But if you do think you can cope with possible tears, please talk to the person. Don't let him mess up his life because of another's death. Talk!

WIDOW TO WIDOW

Phyllis R. Silverman, PhD. Springer Publishing Company, New York, 1986. Price $23.80.

No UK distributor. Books can be ordered through B. H. Blackwell Ltd., Hythe Bridge Street, Oxford.

For all those who seek to study and learn to understand at least some of the problems posed by bereavement, certain problems appear and reappear; also certain solutions (whether medical, psychiatric or outside any discipline) relate to a variety of assessed challenges and not just one definable situation.

Given the large amount of careful and sensitive research that has been carried out over recent years, many who are involved with one or more aspects of bereavement care could be forgiven for hoping that a unified approach could be devised, a single set of guidelines offered at last.

Widow to Widow does not offer guidelines as such, but it does offer a wide-ranging and well-documented compendium of both accepted opinion (there are 6 pages of references) and very down-to-earth experience. Those involved with Cruse will find both new and familiar chords struck throughout the book—even if they are not eager to join the great debate on the benefits of "qualified" as opposed to "peer group" assistance.

Dr. Silverman comes down squarely on the "peer group" side. She concludes that

> Help takes the form of individual counselling that more closely resembles what a sensitive friend would offer than the help of a professionally trained helper . . . Mutual help as we applied it in the Widow-to-Widow programme is well named. At any moment and over the long run, mutualism is the essence of the experience.

She also adopts most strongly the thesis that a widow's grief is "not an illness from which she will 'recover' and for which she can be treated". She believes that "the findings of the Widow-to-Widow project show what women can do for themselves and each other in order to emerge from the experience changed, but not 'cured' ".

Phyllis Silverman is a leading American social worker (also an alumna of my own Alma Mater, Smith College) who has long specialised in bereavement care. It was in her capacity as a member of the Department of Psychiatry at Harvard Medical School that she conceived and followed through the Widow-to-Widow project. This programme was developed over the years 1967 to 1975, and included a two-and-a-half year study of widows in a "target" community within Boston, Massachusetts.

The project was designed around "an unsolicited offer of assistance, so that the new widow did not need to decide if she needed help and what type of help she needed". Dr. Silverman aimed to "create a new appreciation of the way women live their lives, how widows change to accommodate their loss, and how mutual help can facilitate this process". Based on an original outreach to 430 widows, the number studied in detail reduced to 233. The author suggests that the programme "helped women move through the transition from wife to widow to woman".

It was decided that "the outreach would come from a widowed person who had accommodated to her own loss and who wanted to help others. Widows would visit widows, reaching out as neighbours. There would be no stigma and no question of psychiatric deficiency, for they would come as friends, neighbours and fellow sufferers."

The description of the programme is rivetting because it is based on real and often moving encounters with widows in various stages from "impact" to "recoil" to "accommodation". The author makes some of the "aides" come alive, so to speak, as their interviewees speak their minds. She allows us to re-live, with the aides, the experience of mutual help and support which defies professional categorisation or delineation.

Professional and voluntary counsellors and helpers will appreciate the warm and sensitive tone of Dr. Silverman's accounts of certain personal explorations of bereavement problems. Yet they may perhaps, having digested this most readable and accessible book, find difficulties in making use of it as a basic reference work, a book that is nearly but not quite a set of "guidelines".

The process of enquiry and discovery will continue. Meanwhile our knowledge is enriched by the loving detail with which **Widow to Widow** is filled—and by the account of the every energetic and courageous outreach, by ordinary but life-experienced people, which it highlights.

CLAUDIA FLANDERS

"SWIFT TO HEAR" FACILITATING SKILLS IN LISTENING AND RESPONDING

Michael Jacobs, SPCK New Library of Pastoral Care, 1985. £3.95.

There are a number of books available these days which tackle the subject of counselling skills. As a basic introduction we think this is one of the best.

Jacobs sets out a comprehensive series of guidelines for listening and responding, including such topics as non-verbal communication, empathy, asking questions and the use of silence. Particularly useful is the way in which the author includes comments and examples of some of the more subtle problems or awkward situations a helper may encounter or overlook. Jacobs' use of interview material to illustrate "good" and "bad" technique puts added life into the text.

This is a sensible and practical book. It includes sections on the importance of seating arrangements, where counselling sessions may be held, interruptions and the setting of time limits. While these are not counselling skills per se, they do, of course, have an effect on an interview and must be taken into consideration.

The final chapter on recognising not only the value of basic counselling but also the limitations is particularly well expressed, and gives a very useful checklist of circumstances in which a counsellor may not be able to help and needs to consider referral to someone with more specific skills. We found this especially helpful when looking at people suffering from unresolved grief.

The book is aimed at the inexperienced or beginning counsellor, but we found many valuable reminders for the more experienced. It is not directed specifically towards bereavement counselling but it covers the majority of skills needed by those of us who are doing this work. It would be a worthwhile addition to the library of any helper, and would be especially useful for those who are training counsellors.

LYN FRANCHINO
SUE JOSLIN
N.W. Surrey Cruse

THE 36-HOUR DAY: Caring at Home for Confused Elderly People.

N. L. Mace & P. V. Rabins with B. A. Castleton, C. Cloke & E. McEwen. Hodder & Stoughton with Age Concern. London, 1985. £5.95.

This book is written to help those who are involved in caring for a confused person. Although the subtitle suggests that the book is relevant to the needs of confused **elderly** people, much of the advice it contains will be helpful to anyone trying to give home-based care to someone with a dementing disorder or a chronic illness, regardless of the patient's age.

The main focus of the book is on the dementing disorders, and so several chapters concentrate on defining dementia, obtaining medical help and a proper assessment, the causes of dementing disorders and the state of current research. This information alone is valuable to a carer, as, sadly, too many professionals fail to take time to explain the meaning of the symptoms to the sufferer's family.

Any dementing disorder brings characteristic problems—both for the patient and for his or her family. During the early days, when loss of memory is the main difficulty, carers can help the patient to cope by developing helpful strategies. As the dementia progresses (and this may be over a period of several years), problems of safety, neglected self-care, communication, mood and personality change may emerge. Inexplicable phases of symptoms develop and then fade away. The title of the book conveys the flavour of the difficulties of trying to cope with all these problems—24 hours a day is not enough time to meet the many and varied demands upon the carer. Several excellently written chapters of the book give insight into how and why these problems arise, and make useful suggestions for dealing with them.

Turning to the carers themselves, eight chapters deal in depth with problems other than symptom management. The change of family structure and roles caused by the disorder, the carer's own emotional needs and ways of safeguarding his or her own physical and mental health are examined. Legal and financial aspects are covered, and three chapters focus on understanding and obtaining help from outside agencies. These chapters are up to date and completely relevant to the British reader, for the whole book has recently been "translated" from the American original. Useful appendices list further reading, helpful organisations and give a checklist of recommendations for residential care.

One of the worst problems of caring for a confused person is that of feeling isolated. Whilst **The 36-Hour Day** is not meant as a replacement for any of the services which should be available, it certainly reassures carers that they are not alone with their problems. Not only is it a wonderful resource book for carers though, it is also a boon to professionals, who themselves may be having to learn how they can best help the rising number of people who prefer to care for their relatives at home. I cannot recommend the book too highly—either to carers or professionals. However I can recommend that it is purchased directly from Age Concern rather than a bookseller, as this means that the profits received by Age Concern from sales are increased.

DR. FRANCES CLEGG
Clinical Psychologist

YEAR ONE: A RECORD

John Tittensor. Penguin Books. Australia. 1985.

This compelling book is a record of the struggles which took place in the mind of the author during the year which followed the death in a fire of his son and daughter. "I believe", he says to his psychiatrist and friend, David, "that we come out of nothing and return to nothing". And he seemed determined to reject all forms of comfort. Even C. S. Lewis, whose equally painful book, "A Grief Observed", embodies a similar search for meaning, is rejected as "crippled by his Christianity". Yet, like Lewis, by the end of the book he has found something new, "As if in a strange, secular way, I've begun to find an authentic spiritual life".

John Tittensor is a fine writer with a love of words and a love of the ideas that words can embody, and this, too, he shares with C. S. Lewis, but he sets out from a different shore. Whereas Lewis was threatened with the collapse of a carefully built house of spiritual cards, John Tittensor seems to have spurned any roof over his head. Divorced from his wife and living as a freelance editor and book reviewer in Melbourne, Australia, after spending a number of years in England, France and Spain, his children seem to be the one fixed point in his life. "You open your eyes and there it is; and there is, in a sense, *nothing else*. The world is gone with them, and only loss remains . . ." And we are dragged, kicking and screaming through the whole hideous business; the visit to the funeral parlour where an indifferent receptionist picks up a 'phone—"There's someone here wanting to arrange a funeral"—the call to a self-help organisation, "The Companions in Sorrow", whose representative will hardly let him get a word in—"Don't say it, don't tell me. I *know* how you feel. Been through it myself . . ."—and the terrible feeling of impotence as new fires break out in the neighbouring bush after a year of drought. "I felt caught in one of those dreams in which something terrible is happening and you're aware only of your own powerlessness . . ."

Yet through it all, through all the renunciation of placebo solutions and easy answers, there runs a hope against hope. He acknowledges the contradictions; "I have no real idea what it is that I want to say", but he finally admits that he would no longer hold by his statement of disbelief. Like John Tittensor, the reader emerges from his book feeling cleansed and enlarged by grief.

COLIN MURRAY PARKES
Psychiatrist

WORKING WITH THE TERMINALLY ILL. (Video)

Professor Malcolm Brown, Queen's University. £97.75p (inc. VAT). Tavistock Publications, 1986. Length: 54 minutes

This is one of a series of tapes intended to help professionals develop skills in helping relationships. It consists of an interview with a consultant surgeon on how doctors can help terminally ill patients, and continues with a role-played series of interviews between a patient with a terminal illness and her social worker over a period of about three weeks from the initial diagnosis of brain secondaries from cancer of the breast, through to the last interview when she is near death. At the end, Professor Brown has some concluding remarks.

This is a very moving tape which clearly demonstrates the various features of the process of dying and of the attitudes of an enlightened surgeon and a compassionate social worker.

It is less good on demonstrating specific counselling techniques and although they are present, although some of them are certainly demonstrated and could be brought out by a skilful course tutor. The accompanying notes for members of a course in counselling the dying a e excellent and make a good basis for teaching. The guidelines laid down in the tape are for such counsellors to be honest, reality-based, to go at the pace set by the client, to keep the client central, to help the family to get involved, to help the patient review his life, to encourage the expression of fears and to ensure pain relief, are well set out and admirable. They do need to be reiterated in the accompanying notes. The emphasis on the carer being ready to get help for himself is also emphasised on the tape but not in the notes.

Although there is no indication in the notes or tape as to whom this tape is directed, I think it would be helpful in a course for social workers, junior doctors, nurses and others caring for the dying to help them to develop their counselling skills. In including a social work check list in the notes, the implication is that only social workers are competent to do this counselling, and indeed the surgeon in his comments virtually excludes doctors from a counselling role. I think that this is a pity. It seems to me that doctors and nurses in hospital and at home are the most likely people to be turned to by patients for counselling help. I am also disappointed at the lack of emphasis on helping the family. Although it is mentioned on several occasions, it is never demonstrated. Perhaps there needs to be another tape made to show the skills necessary.

DORA BLACK
Consultant Child Psychiatrist

LOSS AND GRIEF PART 1: (Video) Experiences shared.

Professor M. Brown. £97.75p (inc. VAT). Tavistock Publications, 1986. Length: 53 minutes.

This is another tape in the same series on developing skills in helping relationships. It consists of six interviews by Professor Brown with people who have suffered various forms of loss: a woman with breast cancer, two laryngectomy patients, two widows, and pa ents who have lost a child by death. The accompanying notes indicate that the interviews should be used one at a time in discussion with the audience although the type of audience is not specified. In these interviews there is little emphasis on the techniques to be used to help people to cope with loss but much more on the experiences of the individuals concerned. They would be useful in a course for bereavement counsellors where the focus could be on assessing the emotional reactions of the individuals concerned, what problems still exist and what counselling help might be needed and how it could be given. Although it is important to understand the experience of laryngectomy for a patient, I though it was unfortunate that two patients with larygectomy had been chosen because it is tiring to listen to the speech of a laryngectomised patient, and this detracts from hearing the valuable things they have to say. As examples of individuals bereaved by death, I do not think this tape is as helpful to course tutors as the film "The Life that's Left" (1977).

The accompanying notes a e a helpful summary of the processes of grief and mourning. The final part of this tape summarises important points for bereavement counsellors to observe. It is unfortunate that they are not rep inted in the course material.

DORA BLACK
Consultant Child Psychiatrist

CHILDREN'S PROBLEMS: A parents' guide to understanding and tackling them

Dr. Bryan Lask. Martin Dunitz (Positive Health Guide series) 1985. £3.95

There is a clear distinction in this book between normal behaviour, common or transient problems, and more difficult situations. Case histories give the reade confidence that the author writes from both knowledge and experience. It is very readable and jargon free.

In each stage of development from infancy to adolescence there is a description of the possible causes of problems, with suggested solutions. The autho goes on to more specific areas of difficulty, including slow learning, abnormal development and psychosomatic problems; this is particularly useful and reassuring to parents.

The chapter 'Change in a Child's World' is important because it helps co rect the view of many adults that a child accepts change far more easily than is the case. It gives encouragement to talk openly with the child about what is happening, and take steps to prepare him for any change. such as a bereavement. If all parents could be given a leaflet of the chapter 'Good enough parenting', potential problem areas could be recognised.

This is an excellent book for all involved with children. One stumbling block in conveying its message is that many parents who would be helped by it are not likely to read it. They may feel that to do so implies failure, and there is often a reluctance to purchase books. One practical suggestion would be for schools to have a copy available for pa ents to borrow.

My only criticism of 'Children's Problems' is the inadequacy of the list of organisations and sources of help.

MARGARET NUTTALL

AGE WELL IDEAS PACK

Health Education Council & Age Concern. Free on request from 60 Pitcairn Road, Mitcham, Surrey CR4 3LL.

As part of the Age Well campaign, run jointly by the Health Education Council and Age Concern England, this Pack of loose project sheets, based on successful working schemes, has been produced to encourage involvement in the changing health needs of older people. There are 28 different ideas for activities and groups to involve and aid the elderly, such as health and welfare rights, neighbourhood care projects, sport and leisure activities, deafness awareness davs, and coping with bereavement. Each idea combines practical information with lists of relevant organisations and publications. The information is written in simple and clear terms likely to enthuse carers and enterprising older people. It will also be a valuable source of ideas for church and social groups wishing to set up practical support in their community.

CRUSE ACADEMIC PAPERS

SUICIDE

Academic Paper No. 1 comprises a reprint of the article on *The Risk of Suicide following Bereavement* by Dr. C. Murray Parkes (originally published in **Bereavement Care,** Vol. 1, No. 1), together with A Review of the Literature on Bereavement following Suicide by Dr. S. Henley.

SUPERVISION

Academic Paper No. 2 is a reprint of the article on *Supervision and Consultant Care —Counselling the Counsellors* by Gill Parker, Family Therapist, from **Bereavement Care,** Vol. 1, No. 2.

BEREAVEMENT IN ISRAEL

Academic Paper No. 3 is an expanded version of the paper on *Bereavement in Israel from War, Holocaust & Terror,* given by Prof. Shamai Davidson to the 1983 Cruse Conference on Bereavement following Violence.

GROWTH THROUGH LOSS

A Jungian View of Loss
Academic Paper No. 4 is developed from an address given at a Cruse Annual Conference by Dr. Rosemary Gordon, Training Analyst at the Society of Analytical Psychology, London.

Cruse Academic Papers Nos. 1 & 2 are available at 70p each (plus 30p p & p) from Cruse House. Papers Nos. 3 & 4 cost £1.70 (plus 30p p & p).

Since our last issue, Cruse Branches have opened at:

ARCHWAY: Mrs. June Fitchett, 5 Constantine Road, Hampstead, London NW3 2LN. Referrals to Joan Saunders, 01-340 8415.
AYLESBURY & DISTRICT: Mrs. Joy Jackson, Forjays, 91 Aylesbury Road, Aston Clinton, Bucks. Referrals to Jean Bartholomew, Long Crendon 208476.
CHESTER-LE-STREET: Mrs. Julie Taylor, 24 Hilda Park, Chester-le-Street, Co. Durham. Tel. 882038.
ROMFORD: Mrs. Jill Ridley, 1 Brook Road. Gidea Park, Romford, Essex. Tel. Romford 64234.
SHREWSBURY: Mrs. Ruth Williams, 47 Meole Rise, Shrewsbury, Shropshire. Tel. Shrewsbury 241882.
SWINDON: Mrs. Joyce Stevens, 5 Farleigh Crescent, Swindon, Wilts.

There are Steering Committees currently working at:

Bassetlaw, Bradford, Chesterfield, Clacton-on-Sea, Croydon, Dartford, Dumbarton, Dundee, Ivel (Biggleswade), Rainham, Redditch, South Suffolk, Stirling, Thatcham, Wellingborough.

Cruse Branch Courses in bereavement counselling will be run this autumn in: Bexley, Cambridge, Bracknell, Maidstone, Croydon, Guildford, Weymouth/Portland, Reading, Eastbourne, Doncaster, Durham/Chester-le-Street, NW Surrey, Exeter, Bath, Oxford, Dartford, Dumbarton, Dundee, Canvey Island, Clacton, S.E. Surrey, Bradford, Bassetlaw, Liverpool, York, Middlesbrough, Cardiff, Carmarthen.

BEREAVEMENT CARE is published for all Cruse workers and others who wish to deepen their understanding of bereavement. It is sold subject to the condition that it shall not be lent, re-sold, reproduced in part or in entirety, hired out or otherwise circulated without the publisher's consent.

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Back numbers available £1.10 each copy plus 20p postage. Complete sets (issues 1 to 12) £12 plus 75p postage inland.

SURVIVAL GUIDE FOR WIDOWS

Every day, 550 wives become widows. To help them build a new life, the **"SURVIVAL GUIDE FOR WIDOWS"** has been published by Age Concern England in association with Cruse and the National Association for Widows. Drawing on widows' experiences of losing a lifetime partner, the book helps its readers to come to terms with grief and to get through the practicalities of bereavement.

What to do if there's a will - and if there isn't; making the most of your money; how to claim benefits and the right tax; and appealing for your rights if treated wrongly by a government department are all included in the guide.

Moving house can be a crucial decision; "You may feel overwhelmed by the immensity of the task of maintaining and retaining your home. Many recently bereaved widows move and most regret the decision," says the guide. It outlines all the options, whether you rent or own your home.

Part three of the book is a wide-ranging directory of useful leaflets, books and organisations for further help and an index to contacts.

Intended mainly for older women (half of whom over 65 are widowed) The guide will also help their friends, families and advisers.

From Age Concern England, Marketing Dept. (B78), 60, Pitcairn Road, Mitcham, Surrey CR4 3LL. **£3.50** incl. p&p.