ADPCA
2019

Peace Within and Peace Between

Keith Haring artwork © Keith Haring Foundation

JULY 24–28, 2019
KUTZTOWN,
 PENNSYLVANIA

Public Safety: 610-683-4001
Conference Cell: 610-507-7595
Disability Services: 610-683-4108
(TDD: 610-683-4499)
ABOUT THE CONFERENCE
The ADPCA Conference is a unique way to experience and learn about the Person-Centered Approach and Client-Centered Therapy. The experiential side of the conference combines daily large community meetings (encounter groups) and regular small groups, both being a central part of the conference. The academic quality is also very present and consists of person-centered practitioners, trainers and students from different cultural and professional backgrounds sharing workshops, presentations, discussion groups and/or practical demonstration sessions. At the conference, we also have ADPCA Business Meetings where matters related to the Association are openly addressed, discussed and decided in a democratic way. ADPCA does not have a hierarchical structure, so all members have the right to share their views and equally have a say in the decision making process. Non-members participating in the conference are also welcome to join these meetings.

CONFERENCE THEME
If I have peace within me, I may be able to project that peace into a relationship with another. The peace between the two may then be projected into a small group. The peace within the small group into a larger. We are more familiar with the negative version of the uneasy individual, the paranoid sect, nations at war.

- Karen Butcher

"There is one who sings the song of his own life, finding everything within himself. There is one who leaves the circle of her self, and sings the song of her people. There is one whose voice rings with the song of humanity, hoping for the highest perfection. And there is one who rises even higher, uniting with all creatures, with all worlds, filling the universe with song."

- adapted from a poem by Abraham Isaac Zook
WEDNESDAY, JULY 24

PRE-CONFERENCE

8:00 AM - 9:00 AM  Continental Breakfast
                  Old Main Georgian Room

9:00 AM - 10:15 AM  Pre-Conference Learning Institute I

The Empathetic Body in Client-Centered Counseling*
                Joanne Cohen and Khadija Salim - Old Main 140

10:30 AM - 12:00 PM  Pre-Conference Learning Institute II

Client-Centered Therapy: Past, Present, and Little Future*
                Bruce Allen - Old Main 140

12:00 PM - 1:00 PM  Lunch
                    South Dining Hall

1:00 PM - 3:00 PM  Pre-Conference Learning Institute II cont.

Client-Centered Therapy: Past, Present, and Little Future*
                Bruce Allen - Old Main 140

CONFERENCE BEGINS

3:00 PM - 5:00 PM  Community Meeting (Large Group)
                    Old Main Georgian Room

5:00 PM - 6:30 PM  Dinner stops serving @6PM
                    South Dining Hall

6:30 PM - 9:00 PM  Community Meeting (Large Group)
                    Old Main Georgian Room
THURSDAY, JULY 25

8:00 AM - 9:00 AM  Continental Breakfast
Old Main Georgian Room

9:00 AM - 10:15 AM  Session 1

Client-Centered: An Ethical Therapy
  Kathryn A. Moon and Bert Rice - Old Main 136
Person-centered Play Therapy with Children and Adolescents: Part A*
  Helen S. Hamlet and Lauren J. Moss - Old Main 138
Using Person-Centered Approach with LGBT Adolescent Clients
  Fatemeh Dehghan Manshadi - Old Main 140

10:30 AM - 11:45 AM  Session 2

Mourning Out Loud; A Somatic Approach to Grief and Loss
  Kate Holt - Old Main 136
Person-centered Play Therapy with Children and Adolescents: Part B*
  Helen S. Hamlet and Lauren J. Moss - Old Main 138
Spirituality and Positive Leadership Models; Examining Personal and Professional Paths in the Humanistic Tradition
  Patricia A. Brenner - Old Main 140

12:00 PM - 1:00 PM  Lunch
South Dining Hall

1:15 PM - 2:30 PM  Small Group 1
Old Main 125, 128B, 132, 136, 138, 140,
Blue Room 161

"...Whether we are functioning as therapists, as encounter group facilitators, as teachers or as parents, we have in our hands, if we are able to taken an empathetic stance, a powerful force for change and growth. Its strength needs to be appreciated." (p.7)

For constructive personality change to occur, it is necessary that these conditions exist and continue over a period of time:

1. Two persons are in psychological contact.
2. The first, whom we shall term the client, is in a state of incongruence, being vulnerable or anxious.
3. The second person, whom we shall term the therapist, is congruent or integrated in the relationship.
4. The therapist experiences unconditional positive regard for the client.
5. The therapist experiences an empathic understanding of the client's internal frame of reference and endeavors to communicate this experience to the client.
6. The communication to the client of the therapist's empathic understanding and unconditional positive regard is to a minimal degree achieved.

No other conditions are necessary. If these six conditions exist, and continue over a period of time, this is sufficient. The process of constructive personality change will follow.

FRIDAY, JULY 26

8:00 AM - 9:00 AM  Continental Breakfast
Old Main Georgian Room

9:00 AM - 10:15 AM  Session 4

How Does the Client- Centered Therapist’s Intersectional Identity Affect the Therapy Process? *
Marjorie Witty and Carolyn G. Schneider – Old Main 136

Let’s Focus on the Person: Integrated Primary and Behavioral Health Care
Janice Oursler and Barbara Caldwell – Old Main 138

Contempt, Compassion, Consciousness and Evil
B. Junahli Hunter – Old Main 140

10:30 AM - 12:00 PM  Small Group 2
Old Main 125, 128B, 132, 136, 138, 140,
Blue Room 161

12:00 PM - 1:00 PM  Lunch
South Dining Hall

1:00 PM - 3:00 PM  Open Business Meeting
Old Main Georgian Room
(this is not a CE program)

3:15 PM - 4:30 PM  Session 5

Therapeutic Factors in Alcoholics Anonymous*
Joanne Cohen, Scott Tracy, and Felishatee Rodriguez – Old Main 136

A Discussion on Carl Rogers: the China Diary
Jin Wu – Old Main 138

Trauma-Informed Career Counseling
Astra B. Czerny and Valerie Hicks Ashley – Old Main 140

4:30 PM - 6:30 PM  Dinner stops serving @6PM
South Dining Hall

6:30 PM - 9:30 PM  Community Meeting (Large Group)
Old Main Georgian Room
SATURDAY, JULY 27

8:00 AM - 9:00 AM  Continental Breakfast
Old Main Georgian Room

9:00 AM - 10:15 AM  Session 6
Barrett Lennard Relationship Inventory Form GS-40:
  Measuring Regard, Empathy, Congruence, and Unconditionality*
    Robert A. Richardson - Old Main 136
Do We Have Time for Person-Centered Counseling
    Ryan Bowers, Eric J. Rusiewicz, Megan Deptula, and Nicole Flack - Old Main 138
On Dialogue - Working with Some Shared Values of the Person-Centered Approach and Psychodynamic Practice in Scotland
    Patrick Joyce and Jo Hilton - Old Main 140

10:30 AM - 11:45 AM  Session 7
Dream Walking: A Case Study of Person-Centered Therapy with a Chinese Client with Early Childhood Trauma*
    Jin Wu - Old Main 136
True Client Collaboration: The Hagen Example
    David Emil Martinson - Old Main 138

12:00 PM - 1:00 PM  Lunch
South Dining Hall

1:15 PM - 2:30 PM  Small Group 3
Old Main 125, 128B, 132, 136, 138, 140, Blue Room 161

2:30 PM - 4:00 PM  Free Time or Business Meeting
Old Main Georgian Room
  (this is not a CE program)

4:00 PM - 7:00 PM  Community Meeting (Large Group)
Old Main Georgian Room
7:00 PM - 10:00 PM

**BANQUET / SOCIAL**

South Dining Hall/Viewpoints  
Featuring Music by: Ikechukwu Okorji  
Singing, dancing, and an all around good time!

*PHOTO I.D. REQUIRED FOR ALCOHOLIC DRINKS*

**Thanks to Wellness Recovery, LLC for co-sponsoring this event**

Wellness Recovery, LLC  
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Phone: 724-438-4044 * Fax: 724-438-5444  
PA licensed drug and alcohol treatment with medically monitored detox and rehab.

ADPCA SUPPORTS COU 560: TOPICS AND ISSUES IN COUNSELING:  
Client-Centered Counseling and the Person-Centered Approach

*“Select sessions at this conference have been reviewed and approved by the American Psychological Association's (APA) Office Continuing Education in Psychology (CEP) to offer Continuing Education (CE) credit for psychologists. Full attendance is required at each session for which you are claiming CE credit. Partial credit is not awarded. The CEP Office maintains responsibility for the delivery of the session.”*

Kutztown University Department of Counselor Education has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 4701. Programs that do not qualify for NBCC credit are clearly identified. Kutztown University Department of Counselor Education is solely responsible for all aspects of the program.

Special thanks to the KU Department of Counselor Education and Student Affairs for abundant shared resources and support!  
SUNDAY, JULY 28

8:00 AM - 9:00 AM  Continental Breakfast
                   Old Main Georgian Room

9:00 AM - 12:00 PM Community Meeting (Large Group)
                   Old Main Georgian Room

12:00 PM - 1:00 PM  Box Lunch to-go
                   Old Main Georgian Room

CONFERENCE ENDS
Conference Committee

Jo Cohen, Chair
Aubrey Manmiller, Co-coordinator
Lauren Amann, Co-coordinator
Scott Tracy, Groups and Social
Helen S. Hamlet, Continuing Education
Ryan Bowers, Research
Karen Butcher, 1993 Alumni on-site
Hannah Hotalen, 2018 Alumni on-site
Sarah Solis, 2011 Alumni on-site
Erica Cohen Hamilton, Evaluations
Megan Deptula, 2020 on-site

Keith Haring artwork © Keith Haring Foundation

This conference has been supported by the Chi Omega Upsilon Chapter of Chi Sigma Iota,
Deborah Duenyas, Faculty Advisor
**Program Abstracts**

**Wednesday, July 24**

**The Empathetic Body in Client-Centered Counseling**

*Joanne Cohen and Khadija Salim*

In his article, The Development of Insight in a Counseling Relationship, Carl Rogers (1944, p. 331) asserted that “…highly significant insights develop with a spontaneity and vigor which is astonishing.” He later stated that, “…definite changes in a variety of physiological conditions are concomitant with these crucial moments in therapy” (Rogers, 1956, p. 8). Rogers’ client, Mrs. Oak, describes the moment of insight as “a sort of peak,” “a shock that… affects my whole nervous system, as though impulses of new thought were being somehow forced through” (Rogers, 1956, p. 8). Over the past two decades, abundant research has explored neurological, biological and physiological concomitants of empathy in therapeutic relationships. The current session summarizes the results of research that show empathic encounters to involve rather specific physiological states (e.g., Cozolino, 2017; Lewis, Amini, & Lannon, 2000; Porges, 2011), including mirror neuron activity (Bradley, Gillin, and Tomasinó (2008), body arousal (Welling, 2005), and associative learning and implicit memory (Frank, O’Reilly, & Curran, 2006; Ginsberg, Berry, & Powell, 2010).

**Client-Centered Therapy: Past, Present, and Little Future**

*Bruce Allen*

Purpose: To present a history of Client-Centered therapy, it’s evolution from an approach partially rooted in psychoanalytic concepts and directive counseling, to an approach free of these but focused on one particular psychotherapeutic orientation, to–finally– a prescriptive directive for all psychotherapeutic approaches.

The development of Client-Centered theory and practice will be examined by looking primarily at three foundational writings Counseling and Psychotherapy (1942), Client-Centered Therapy (1952) and The Necessary and Sufficient Conditions of Psychotherapeutic Change (1957) as well as some aspects of Rogers’ personal history. In addition, attendees will hear contemporary criticism of the theory.
Program Abstracts
Thursday, July 25

Client-Centered: An Ethical Therapy
Kathryn A. Moon and Bert Rice
We define “therapy” and discuss its inherent power structure. Client-centered therapy, as developed by Carl Rogers, is described. We propose the freedom of the person as an ethical premise for the practice of therapy. This is a departure from therapy practices based on a medical model. It also is independent of Rogers’ formulation of an actualizing tendency. The therapist’s attitude of respect for the client’s self direction applies to all parts of the client’s life, including her time spent in therapy. The client who works with a respectful therapist does not necessarily perceive all of her therapy as nondirective. Applying our ethical premise to Rogers’ theory, we conclude that client-centered is an ethical therapy.

Person-centered Play Therapy with Children and Adolescents:
Part A & B
Helen S. Hamlet and Lauren J. Moss
Working with children and adolescents presents opportunities to implement varying approaches and therapeutic techniques. Developmentally, children and adolescents are not always ready to engage in traditional talk therapy. Hence, play therapy provides children and adolescents with a comfortable modality in which the clinician can provide the core conditions for therapeutic success. This workshop will provide information on the many approaches to person-centered play therapy and will provide information on specific techniques.

Using Person-Centered Approach with LGBT Adolescent Clients
Fatemeh Dehghan Manshadi
The main principles of client-centered theory—the therapist’s congruence, unconditional positive regard for the client, and empathy—make it a suitable approach to use with LGBT clients. Therapists who applies client-centered therapy with adolescent LGBT clients can provide them with a safe environment that promotes safe communication. In that safe environment, the clients can openly talk about their sexual orientation. The therapist can use empathy to relate to the client’s fear of being rejected by others.
Program Abstracts
Thursday, July 25 cont.

Mourning Out Loud: A Somatic Approach to Grief and Loss
Kate Holt
We live in a culture that simultaneously minimizes expressions of grief, while promoting an attitude that “you never get over it,” leaving bereaved persons to hopelessly work through grief with minimal support. Each bereaved person’s unique protective patterns affect their ability to release pain. Regardless of the type of loss, healing become possible when embodied emotional expression is supported. Learn how loss impacts us on five levels of being along with interventions to support healing.

Spirituality and Positive Leadership Models: Examining Personal and Professional Paths in the Humanistic Tradition
Patricia A. Brenner
Spirituality and Leadership coexist on many levels. In this session, participants will examine their own beliefs surrounding spirituality and leadership. Current literature on both topics will then be examined to expand upon the personal definitions with a focus on integration of this knowledge towards a blending of these constructs in the professional realm. The overall goal is for participants to discover how we as counselors and counselor educators can address and embrace these topics as catalysis for meaningful change and growth for our students and clients.

A Panel Discussion on Person-Centered Therapy with Youth
Jin Wu, Marjorie Witty, and Laura Lauko
In this panel discussion, the presenters first will briefly introduce the basic concepts of the person-centered approach as well as its application with young people. Then, they will share their respective experience in working with youth with a diverse background, including (but not limited to) preschoolers in immigrant communities and transgender adolescents, as well as their experience in supervising graduate students in this area. Audience participation is encouraged.

Carl Rogers, Jesse Taft and the Foundations of Empathy in Therapeutic Practice: From Reflection to Connection
Jo Hilton and Patrick Joyce
This presentation focuses on the early days of the person-centered approach, looking at some of the contributions that have not always been fully acknowledged. I argue that this was due to a prevailing culture where ‘women’s work’ was less highly valued and the experience of women was routinely airbrushed from research. A key alliance over this period was between Carl Rogers and Jessie Taft, both noticing the importance of the counselling relationship and the significance of empathy.
PROGRAM ABSTRACTS
Thursday, July 25 cont.

Person Centered Narratives for Suicide Survivors
Deborah L. Duenyas, Leslie Moser, and Noah Sumiel
It is estimated that there are six or more suicide survivors for every person who dies by suicide. Survivors include immediate and extended family members (e.g., parents, children, friends, co-workers, classmates). Scholarly research has indicated that suicide survivors have unique mental health needs (e.g., feelings of responsibility, blame, rejection, anger). Please join us for an open discussion regarding how to start therapeutic narratives with suicide survivors surrounding these issues.

Community Meeting: Self-Development of the Core Conditions in the Person-Centered Community Meeting
Scott Tracy, Joanne Cohen, Helen S. Hamlet, and Robert Richardson
The person-centered community meeting has a tradition of providing unparalleled experiences observing the core conditions and using them as a means of self-development. PC groups offer the opportunity to try out clinical skills in a safe environment that neither encourages nor discourages emotional expression, but that permits emotion and helps frame it in the context of individuals and the group process and dynamic schemas. Experiential groups such as the PC community meeting have been studied in university clinical training programs. Most studies of such groups involve students required to participate to gain a group experience. The literature has found that the majority benefit in multiple ways, including elevated self-awareness, other awareness, and interpersonal ability; however, some members report the group experience to be unsettling and challenging. The facilitators of these sessions are experienced psychologists and counselor educators with advanced training and experience with groups and with skills to assist attendees to learn the client-centered attitudes in their clinical work.

How Does the Client-Centered Therapist’s Intersectional Identity Affect the Therapy Process?
Marjorie Witty and Carolyn G. Schneider
With the growing focus on diversity, intersectionality, and identity in psychology and social work, psychotherapists are encouraged to confront their own biases and prejudices. Some educators advocate raising differences of identity between the therapist and the client in the first session, in order to open a space for discussion and to directly name issues related to differing social class, gender, race, age, national origin, and all other aspects of identity. The presumption that these differences may have effects on the relationship unless they are explored is advanced by intersectionality theorists. For client-centered therapists, who work from the principle of nondirectiveness, this position, in spite of some advantages, presents a number of problems. This presentation will enumerate these problems and advocate both confronting bias and faithfulness to non-directiveness.
Let’s Focus on the Person: Integrated Primary and Behavioral Health Care
Janice Oursler and Barbara Caldwell
Integrated primary and behavioral health care promises improved community care especially in rural and underserved areas. Integrated care core principles are consistent with person-centered principles. There have been limited opportunities for students to learn how to deliver services in this environment. We will describe an interdisciplinary training program for counseling, social work, nursing and advanced practice nursing students to learn to work in teams in integrated care. This will include both successes and lessons learned.

Contempt, Compassion, Consciousness and Evil
B. Junahli Hunter
This essay asserts that individuals – and nations – unconsciously draw to themselves needed lessons; if an initial lesson isn’t learned, subsequent, increasingly painful, lessons will follow. Contempt is identified as a common element in predation: contempt for human beings evinced earlier in the Nazi Holocaust, contempt for all beings and earth’s “LAW” – land, air, water – evinced now and previously in relationships and in environmental disasters. These examples are cited as potential lessons. Their objective, unconditional compassion – beginning with compassion for oneself, “inner empathy” – is key to any solution: to replace contempt, to halt the destruction. A first step would be, would require, increasing awareness... consciousness... mindfulness.

Therapeutic Factors in Alcoholics Anonymous
Joanne Cohen, Scott Tracy, and Felisheate Rodriguez
Twelve step groups are an important ancillary treatment for clients with substance use issues. These groups offer hope, emotional support, positivity (Kingston, Knight, Williams, & Gordon, 2015; Valliant, 2014), and a place to talk about problems, receive feedback, and learn coping skills (Kelly, Raftery, Deane, Baker, Hunt, & Shakeshaft, 2017). Although negative attitudes regarding 12 step groups relate to its concepts of powerlessness and higher power (Monico, Gryczynski, Mitchell, Schwartz, O’Grady, Jaffe, 2015); increasing the social desirability of these groups can lower resistance to attending and aid long-term remission (Kaskutas, Subbaraman, Witbrodt, & Zemore, 2009). This is very important because people connected to recovery communities have reduced relapse rates (Adams, 2016; Van Der Eijk & Usitalo, 2016). The current study asked 52 counseling students to record their personal attitudes and observations of 12 step groups. Fifteen themes identified included being welcomed by AA members (80%), belonging/cohesion (n = 38; 73%), altruism (35; 67%), universality (34; 65%), and existential issues (n = 32; 62%). The concept of an unmanageable life was observed in half of the groups (n = 26; 50%), while the concept of powerlessness was observed in only one-third (33%) of the groups. Forty-two percent of the students admitted stigma, and 31% said that they might refer clients to 12 step groups now that they attended one.
**Program Abstracts**

**Friday, July 26 cont.**

**A Discussion on Carl Rogers: the China Diary,** *Jin Wu*

In 1922, 20-year-old Carl Rogers went to China to attend the World Student Christian Federation Conference as one of the ten student representatives from the US, and traveled to some other countries in Asia. He kept a detailed diary during this trip, which he later called “an absolutely mind-boggling experience.” This diary was published several years ago (PCCS-Books, UK, 2012; CreateSpace Independent Publishing Platform, 2013), with a forward by his daughter Natalie Rogers, and additional background information by the editor Jeffrey H. D. Cornelius-White. I, a clinical psychologist who was born and raised in China and who has lived in the U.S. for 27 years, am in the process of translating this book. I would like to have a discussion with people who are interested in this book, whether you have read it or not. I would like to share my thoughts and feelings about the diary, as well as my reflections in the translation process, as a person-centered therapist and a Chinese person, and to learn from others.

**Trauma-Informed Career Counseling,** *Astra B. Czerny and Valerie Hicks Ashley*

Traumatic exposure can affect a person’s ability to engage in career- and work-related activities and reach his or her full potential in the world of work (D. H. Coursol, J. Lewis, & L. Garrity, 2001). The experience of trauma includes accidents; natural disasters; domestic violence; sexual abuse; serious life-threatening injury; crime victimization; and witnessing the sudden, unexpected death of a family member or loved one. (American Psychiatric Association, 2012). Less traumatic experiences, such as divorce or the loss of a pet, can also result in deleterious symptoms similar to those listed in the Diagnostic and Statistical Manual of Mental Disorders (DSM-5). Such symptoms can include intrusive thoughts, negative alterations in cognitions or mood, and changes in arousal and reactivity. A person’s ability to manage the after-effects of a traumatic event is governed by several factors, including their emotional and intellectual capacities and the nature of their support system. People who have experienced trauma may have anxiety around decision-making, assertiveness, and a fear of success (Allen, 1995; Gianakos, 1999; Ibrahim & Herr, 1987; Peterson & Priour, 2000). To date, research regarding the relationship between trauma experience and its effect on navigating the job search process is scant. Throughout the job search process, people must engage in a variety of specific tasks, such as resume writing, interviewing, identifying a career direction, and negotiating salary and benefits. These tasks meet certain expected guidelines within the field of career counseling and can potentially become problematic for individuals who struggle with the after-math of trauma exposure. In this presentation, we will examine three aspects of the job search process (resume writing, interviewing, and negotiating salary and/or benefits) to facilitate an understanding of how the experience of trauma impacts and affects the job search. Potential clients could include veterans, survivors of domestic violence, and individuals displaced by natural disasters. Participants attending this session will learn techniques to help clients with trauma experience move forward with their job searches and achieve successful outcomes.
PROGRAM ABSTRACTS
Saturday, July 27

Barrett Lennard Relationship Inventory Form GS-40:
Measuring Regard, Empathy, Congruence, and Unconditionality
Robert A. Richardson
ADPCA ATLANTA Community Meeting participants used the Barrett Lennard Relationship Inventory Form 40 (BLRI Form GS - 40) following each community meeting to measure level of regard, empathy, congruence, and unconditionally. This workshop will describe the results of those measures. In addition, topics will cover a brief history of Godfrey T. Barrett creator of the BLRI, a description of his inventories, and instructions for scoring. Handouts of the Relationship Inventory Forms and Scoring Keys will be available for participants. In addition, participants will receive Godfrey T. Barrett’s 1984 paper describing his orientation and persons that influenced him such as Carl Rogers, Eugene Gendlin, and Laura Rice.

Do We Have Time for Person-Centered Counseling
Ryan Bowers, Eric J. Rusiewicz, Megan Deptula, and Nicole Flack
In a fast paced-world where we have become accustomed to instant gratification, do we have time to commit to the therapeutic relationship? The focus of this presentation is to examine the time necessary to forge a strong client-counselor relationship in Person-Centered counseling versus Solution-Focused Brief counseling. The presenters will discuss how the nature of the therapeutic relationship has evolved to meet the time limitations of individual clients.

On Dialogue - Working with Some Shared Values of the Person-Centred Approach and Psychodynamic Practice in Scotland
Patrick Joyce and Jo Hilton
This presentation is about our experience of working in a dialogue between counselling approaches, drawing on the person centred approach and a way of working psychodynamically that is rooted in relational practice. Students on our counselling and programmes study these approaches in dialogue, and work with clients in our on-site counselling and research centre and in other agencies within the wider community. We offer some theoretical concepts that feature in the programme and invite discussion. - Patrick Joyce and Jo Hilton work together to manage the Hope Park Counselling Centre, University of Edinburgh, Scotland.
Dream Walking: A Case Study of Person-Centered Therapy with a Chinese Client with Early Childhood Trauma

Jin Wu

It is common for therapy clients who had a history of trauma to have disturbing dreams. Oftentimes such dreams bring fragments of blocked-out trauma memories into the person’s conscious awareness. Therapists with different therapy orientations may work with such dream materials differently. A classical person-centered therapist lets the client take the lead, empathically listening and following the client. In this presentation, the presenter will use a case of a Chinese client to illustrate how such a therapy approach helped the client work through her trauma memories over time. One of the usual aspects of this case is that, in many sessions, the client, after reporting a disturbing dream, went on for a “dream walking” – an imagery journey in the session based on the content of the dream that morphed into many other vivid subjective experiences. Although the first few such experiences seemed to lead to nowhere, gradually, they became increasingly revealing of different aspects of the person’s early trauma, as well as their innate tendency to heal.

True Client Collaboration: The Hagen Example

David Emil Martinson

A study of counselors and therapists using feedback informed practices was completed at a treatment center within the Sykehuset Innlandet hospital system in Veldre, Norway revealing seven important themes that may prove useful in understanding how true client collaboration can produce better outcomes with clients in therapy. Transcultural applications of these themes are currently being tested both in Norway and outside of Philadelphia to discover how therapists can use these results to improve their effectiveness as clinicians.

Thank you for coming to the ADPCA 2019 Conference! We hope you enjoyed your time and learned some new things that you will be able to take with you personally and as a professional. Also, a huge thank you to all of our presenters and those who helped to make this conference happen.
NOTES