

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)

ADPCA 2019



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 Kook –

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 Georgian Room

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

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

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 Georgian Room

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 - 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)

Rogers, C. R. (1975). Empathic: An Unappreciated Way of Being. *Counseling Psychologist*. 5(2), 2-10.

THURSDAY, JULY 25 CONT.

2:45 PM - 4:00 PM Session 3

A Panel Discussion on Person-Centered Therapy with Youth*

Jin Wu, Marjorie Witty, and Laura Lauko - Old Main 136

Carl Rogers, Jesse Taft and the Foundations of Empathy in Therapeutic Practice: From Reflection to Connection

Jo Hilton and Patrick Joyce - Old Main 138

Person Centered Narratives for Suicide Survivors

Deborah L. Duenyas, Leslie Moser, and Noah Sumiel - Old Main 140

4:00 PM - 5:00 PM **Open Business Meeting**

Old Main Georgian Room
(this is not a CE program)

5:00 PM - 6:30 PM **Dinner** stops serving @6PM

South Dining Hall

6:30 PM - 9:30 PM **Community Meeting (Large Group)***

Scott Tracy, Joanne Cohen,
Helen S. Hamlet, and Robert Richardson
Old Main Georgian Room

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.

Rogers, Carl R. (1957). The Necessary and Sufficient Conditions of Therapeutic Personality Change. *Journal of Consulting Psychology*. Vol. 21, pp. 95-103.

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

A Discussion on Carl Rogers: the China Diary

Jin Wu - Old Main 140

Contempt, Compassion, Consciousness, and Evil

Junahli Hunter - Old Main 132

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

3:15 PM - 4:30 PM Session 5

Therapeutic Factors in Alcoholics Anonymous*

Joanne Cohen, Scott Tracy, and Felishatee Rodriguez - Old Main 136

Peace in Diversity

Grace H. Klein - 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

Dream Walking: A Case Study of Person-Centered Therapy with a Chinese Client with Early Childhood Trauma*

Jin Wu - Old Main 136

Do We Have Time for Person-Centered Counseling

Ryan Bowers, Eric J. Rusiewicz, Megan Deptula, and Nicole Flack -
Old Main 138

Self-Disclosure Principles for Client-Centered Clinicians

Ashley Allcorn - Old Main 140

10:30 AM - 11:45 AM Session 7

**Barrett Lennard Relationship Inventory Form GS-40:
Measuring Regard, Empathy, Congruence, and Unconditionality***

Robert A. Richardson - Old Main 136

True Client Collaboration: The Hagen Example

David Emil Martinson - Old Main 138

Lessons from Grief and Loss

Grace H. Klein - Old Main 140

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

SATURDAY, JULY 27 CONT.

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 all around good time!

PHOTO I.D. REQUIRED FOR ALCOHOLIC DRINKS

**Thanks to Wellness Recovery, LLC
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Department of Counselor Education and
Student Affairs for abundant shared
resources and support!**

<https://www.kutztown.edu/academics/colleges-and-departments/education/departments/counselor-education.htm>

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

*This workshop has been reviewed and approved by the APA Office of Continuing Education in Psychology to offer CE credits for psychologists. APA CEP Office maintains responsibility for this program and its content.

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.



CONFERENCE ENDS

**THANK
YOU**

for coming to the ADPCA 2019 Conference!

We hope you all enjoy your time and learn some new things that you will be able to take with you as a professional. Also, a huge thank you to all of our presenters and those who helped to make this conference happen.

A special thanks to everyone who helped and contributed to make this conference a wonderful success!

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



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, on-site



Keith Haring artwork © Keith Haring Foundation

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 Tomasino (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

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.

Keywords: client-centered therapy, person-centered, ethics, power, respect, nondirective

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.

PROGRAM ABSTRACTS

Thursday, July 25 cont.

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 apply 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.

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 becomes 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.

PROGRAM ABSTRACTS

Thursday, July 25 cont.

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 with 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.

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.

PROGRAM ABSTRACTS

Thursday, July 25 cont.

**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 trainees with unparalleled experiences in observing the core conditions and using the core conditions as a means of self-development. These intensive groups offer students and clinicians with 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 within context of individuals and the group process and dynamic schemas. Experiential training groups such as the person-centered community meeting have been studied in university clinical training programs. Most studies of such groups involve students that must participate to gain a group self-development experience. The literature has found that the majority of participants in these groups 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.



PROGRAM ABSTRACTS

Friday, July 26

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 nondirectiveness.

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.

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, is 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.

Contempt, Compassion, Consciousness, and Evil

Junahli Hunter

The essay asserts that individuals - and nations - unconsciously draw to themselves needed lessons; if the first 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 instances 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.

PROGRAM ABSTRACTS

Friday, July 26 cont.

Peace in Diversity

Grace H. Klein

Recently I watched *The Hate U Give*, a very powerful film of the disparities between white and black, the violence with which young black men are treated by police, the pain that flows from it in individuals and families, and the demand to be heard. I would like to have a discussion on ideas for how we as therapists can participate in and facilitate that dialogue toward peace.

Therapeutic Factors in Alcoholics Anonymous

Joanne Cohen, Scott Tracy, Felishatee Rodriguez

Twelve step groups are an important ancillary treatment for clients with substance use diagnoses. Research shows that favorable experiences of 12 step groups are associated with their offering hope, emotional support, and positivity (Kingston, Knight, Williams, & Gordon, 2015; Valliant, 2014); as well as their being a place to talk about problems, receive feedback, and learn new coping skills (Kelly, Raftery, Deane, Baker, Hunt, & Shakeshaft, 2017). Although negative attitudes toward 12 step groups seem to have to do with disliking their concepts of powerlessness and a higher power (Monico, Gryczynski, Mitchell, Schwartz, O'Grady, Jaffe, 2015), treatments that elevate the social desirability of these groups may lower resistance to and raise attendance, and aid in long-term remission (Kaskutas, Subbaraman, Witbrodt, & Zemore, 2009). Recognizing that connecting clients to recovery communities reduces relapse (Adams, 2016; Van Der Eijk & Uusitalo, 2016), the current study had 52 counseling students record personal attitudes towards and observations of AA groups. Observations were coded yes/no for 15 themes identified, the most frequent of which was being welcomed by the AA members (n = 41; 79%). Themes that emerged most often were humanistic, curative, and client-centered. That is, the most commonly observed behaviors were belongingness and cohesion (n = 38; 73%), member altruism (35; 67%), shared/universal experience (34; 65%), and existential issues like meaning of life, purpose, and hope (n = 32; 62%). The concept of life becoming unmanageable was observed in half of the groups (n = 26; 50%), while the concept of powerlessness was observed in only 17 (33%) groups. This assignment gave students an opportunity to observe personal biases, with 22 (42%) admitting stigma. As a result of the assignment, 16 (31%) students stated that they might refer clients to 12 step groups now that they attended one.

PROGRAM ABSTRACTS

Friday, July 26 cont.

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 aftermath 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

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.

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.

PROGRAM ABSTRACTS

Saturday, July 27 cont.

Self-Disclosure Principles for Client-Centered Clinicians

Ashley Allcorn

Review of literature concerning when therapists should engage in self-disclosure.

Exploration of interviews with novice and experience clinicians about their experiences with self-disclosure. Identification of ethical principles for clinicians to follow when determining if they should self-disclose or not.

Barrett Lennard Relationship Inventory Form GS-40: Measuring Regard, Empathy, Congruence, and Unconditionality

Robert A. Richardson

Goal: To encourage interest and research in measuring regard, empathy, congruence, and unconditionally within our clinical work and other settings.

ADPCA 2018/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.

PROGRAM ABSTRACTS

Saturday, July 27 cont.

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.

Lessons from Grief and Loss

Grace H. Klein

When I published my book, *The Colors of Grief*, at the end of 2018, I asked what I have learned about grief and loss. The illness and death of my husband, Armin Klein, is the latest of many significant losses in my life. I will share my learnings for dialogue and discussion for applications in life and practice with clients experiencing grief and loss. Significant growth is one outcome of those experiences.