

RENAISSANCE

Quarterly Newsletter of the Association for the Development of the Person-Centered Approach

Volume 10, Number 2, 1993

"The Person-Centered approach, then is primarily a way of being which finds its expression in attitudes and behaviors that create a growth-promoting climate."

Carl R. Rogers

Thoughts on Membership

I am accepting Jon Rose's invitation to share my thoughts on his material in Vol. 10, No. 1, 1993: "Membership: A Matter of Cooperative Participation."

I was concerned by what I read. Little things plagued me. I could not accept that one cannot get a subscription to "The Person-Centered Journal" without joining the association. How the heck is that journal going to grow and expand if that is true? Having been in on the foundations of the journal and actively participating in its present form, I am concerned about the limits placed on its circulation. Having access to copies, if someone who does not want to join the association wants a subscription, I'll see to it that their money gets into the publisher's hands and they will get a subscription.

Next, while I agree that members share "common goals or beliefs," I have found we also have powerful differences and conflicts of ideals. I am therefore traumatized sometimes by the differences, but will argue for the right to express those differences. Besides, who says being in conflict is not a form of empathy? Is not empathy the entering of the world of another or others as if . . .? Is there not disagreement, pain, and agony in those worlds we enter?

Rose says that members are people not organizations. Are we going to exclude a group of people who want to join together with us? What if a local association like the Athens Person-Centered Society would like to join? Is Rose going to refuse the membership fees? Is the "Association" going to turn an organization away? Are not organizations also made up of people?

Most difficult for me about Rose's argument was that members cooperate. His statement in which he said, "Stating forceful feelings in a meeting and leaving prior to response, hiding our true feelings, or condemning (rather than sharing a reaction to) others' behavior, for example, keep the community from realizing its goals," was particularly interesting to me. These are painful realities. However, I guess people should not be forceful. I guess people have to hide the fact that, sometimes, one feels judgmental as hell. Who says the community's goals are not being realized? Maybe those goals include allowing conflict to emerge and participating in it.

See Membership, Page 2

Editor's Open Letter

I have been impressed with the number of persons and/or organizations which have been emphasizing "community" as a goal, or as a desired state of being. Several of these are ADPCA; Scott Peck; Amitai Etzioni and his Responsive Community; I. Yalom; as well as a recent book on John Dewey which describes his Liberal Socialist Democracy that causes him to sound like a frustrated member of ADPCA.

As a result of my concern and the many interests in "community" within ADPCA thinking and activities I would like for you to respond to the following questions which, I Hope, can be included in future Renaissance issues.

I realize that all of us have demands on our time and that another request for a part of that time is seldom greeted enthusiastically. I feel that an issue of such significance can be of value to our readers if we can stir up some thinking, feelings and actions.

Undoubtedly "community" or lack of same is the fabric of our society—and how it is "woven" and "preserved" once created is a significant concern for our organization and for our world.

The questions I have proposed for each of us to respond to are:

How do you define community?

How is community established or created or developed?

How is community maintained?

How is community an asset? A liability?

These responses need not be lengthy and yet may be if you find that necessary. These are not "final" statements by you nor should they be read that way.

You may FAX your response to me at 615-974-3330 or send it to me at this address:

Ken Newton

Psychology Department

University of Tennessee, Knoxville

Knoxville, TN 37996-0900

Thanks and a sincere appreciation for your efforts.

If you have any questions please call me at (615) 974-2165 or write me at the above address.

Warm Springs Conference stirs thoughts, ideas

The Warm Springs Conference. Since it is so fresh (as I write, it is the Tuesday morning following the Sunday close of the workshop), I would like to say a few things about the Warm Springs meeting. It was the fifth time that I have participated in this event, I think. Since the first one in 1987 I have missed one or two meetings because of illness. Again what came out of it for me was a very gratifying community experience, in which I got closer to a number of people I already knew and really liked meeting many of the new participants. Again, I learned more

about myself as a person. I felt good about my presentation on a person-centered approach to working with children and families and got wonderful feedback. I also benefited from the offerings of others, and was impressed by Jerold Bozarth's, Jeanne Stubbs's and Kevin Davis's agile demonstration of Aikido. Unexpectedly, it stimulated my thinking about a problematical situation in my practice, which I shared with the group. This time the effectiveness

See Conference, Page 3

The Person-Centered Journal

The first issue of the journal was published in October, 1992 after numerous throes and setbacks. Although the print quality was slightly less than we had hoped and there were typographic problems that flawed the journal, the issue seemed to be well received. Over a dozen unsolicited congratulations and positive comments were received from the throughout the nation.

Overall, it seems to me to be following the evolutionary process that was decided upon in both Kansas and San Francisco by the membership present at the meetings. We decided that the print quality of the journal would be sacrificed to some degree in order to keep the cost of the journal at a reasonably low fee. Unfortunately, the publisher had major equipment breakdowns and there was mass confusion due to renovation of his publication sites. The result was that the print quality was not as good as anticipated.

We found a larger publisher in Athens, Georgia, The Georgia Southern Press. The fees will be roughly the same as our first issue with better quality.

Fred Zimring, Co-Editor, has been monitoring the submitted manuscripts and working with reviewers for the second issue and may have additional manuscripts in process for our third issue. We thought that March, 1993 would be reasonable for the next issue but June or July now seems more likely. Please attend the meeting in Tennessee or write if you have suggestions.

Articles which are related to the theory, research or practice of the person-centered approach are requested. More information for submission of manuscripts will be reported in the next issue of the Renaissance.

Jerold D. Bozarth, Co-Editor

Leftovers from a Person-Centered Workshop

The Gestapo watching closely
(They're evacuating our town).

"Quick! Come on,

"We have more important things" (Jew)!

Two bites full, no more, my lunch
with a long journey ahead.

And the transport out being nearly my feet.

They dropped me off by the gate to freedom
with all of my belongings (Four bags full).

Leaving me make it through the closing gate myself,
quickly running, moving my life's accumulations.

Yes, I have made it to some safety, though
exasperated and chilled.

And for a moment, at least, I can live again.

David Joseph Alpert

Membership, from page 1

Particularly intriguing was the idea of members acknowledging leadership. We are all leaders. We each decide how we participate. The association is not surviving because of "leaders." It is surviving because we are associated. There are certain persons who have chosen to take on certain tasks, but it would be grandiose and delusional to think these are leaders.

ADPCA represents to me a wide range of people and the behaviors we utilize. Included are differing and shared ideas and experiences. Perceptions vary as do reactions. Sometimes we experience empathy, sometimes we experience judgment, sometimes we experience love, and sometimes we experience rage.

If I want to avoid my friends and colleagues, I can join any number of organizations where I can attend a conference where I am not noticed at all and thus have no danger of encountering people.

ADPCA is everything I had hoped for and everything I fear. It is people, experiences, reactions, and ideas, shared through conflict at times, and warmth at times.

If people are troubled because we have misunderstandings and conflict, there are also people who are troubled because we believe acceptance, understanding, and genuineness are all that are necessary for growth.

Douglas W. Bower, Ph.D.

IIIrd International Conference on Client-Centered and Experiential Psychotherapy

September 5 — 9, 1994
Gmunden, Salkammergut
Austria

More detailed information will be forthcoming.

Contact address: IIIrd ICCCEP 1994
A-1091 Vienna, P.O.B. 33, Austria

The La Jolla Program

The La Jolla Program again offers a residential program to present the philosophy and methods of Carl Rogers. It is attended by individuals who like what they read and hear of him and want to experience the expansive, growthful qualities associated with his works. Dr. Rogers was named in a nationwide survey published in *American Psychologist* as having more influence on clinical and counseling psychologists than anyone else. For 26 years The La Jolla Program has taken the opportunity and challenge to present his thought and attitude in these workshops. We use small groups, community meetings, demonstrations, an experienced staff and thoughtful participants to approach this goal.

As an individual of influence such as Carl Rogers enters into history there are inevitable differences among his interpreters as to what he is saying for today. Although it would be impudent, uncharacteristic and possibly untrue to say The La Jolla Program has grasped the truth of what Carl is about, it does focus on him and his methods, including a kind of small group he frequently used to effect political, organizational, social and personal change.

The 1993 dates are July 23 to July 29. As we have for 25 summers, we meet on the campus of the University of California, San Diego. It is not sponsored by the University of California.

An application should include name, address, telephone, age, gender, occupation, a few sentences suggesting why you

would like to attend The La Jolla Program and choice of single or double occupancy. Tuition is \$400. We suggest you stay on campus. Single occupancy is \$55, double is \$45 per day. This includes breakfast, lunch and a light evening meal. Send all or a part of your fees as soon as convenient to The La Jolla Program or wire to Wells Fargo Bank ABA #122000247, La Jolla, CA 92037, La Jolla Program Account #0783 010010. Fees should be in US currency. All fees are refundable if you do not attend. Living Now, a program also co-sponsored by Center For Studies of the Person, meets from July 15 to July 21. Tuition is \$400.00. Tuition for both programs is \$700.00.

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Bruce Meador, Ph.D. (619) 789-4794
Director Fax (619) 789-6948

Conference, from page 1

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The University of Georgia is one of the few places I know, especially in the United States, where there is a significant number of young people interested in the person-centered approach. I found myself wondering how it would be to offer them the responsibility for organizing the next Warm Springs conference, and felt excited by the idea.

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"Members Communicate." I think this could be added to Jon's list of meaningful membership functions. Presently, using my computer, I communicate by electronic mail, or E-mail, with ADPCA members Barry Grant in Evanston, Illinois, Fred Zimring in Cleveland, Ohio, Gerald Bauman in New York City, and Goff Barrett-Lennard in Perth, Australia, all with equal ease. Since I read about Bill Clinton's E-mail address, he hears from me, too! I learned to use a computer less than two years ago (although there have been some frustrating and even frantic moments, I found the Macintosh relatively easy to learn); the computer has increased the volume, legibility and pleasurable nature of my writing and communication enormously. If you have access to a nearby university computing center, as I do, the cost of E-mail is nil, even for international exchanges (like the cost of a local telephone call). Lacking a university connection, services like America Online and Compuserve are a low-cost alternative. In any case, my E-mail address is <natraskin@nwu.edu>. Use the letters and punctuation as shown between the brackets. After the first time, the addressing can often be accomplished by pressing just one key, or by one click with the mouse. There are no stamps or trips to the post office; you can send messages 24 hours a day, and check for mail as frequently or infrequently as you like.

I look forward to hearing from you, by any form of mail, or by phone, or in *Renaissance*.

Nat Raskin, Ph. D.

FORUM

Non-Profit Organization for Quality in Psychotherapy

The FORUM is a non profit scientific organization dedicated to enhancing the quality of training in clinical psychology and psychotherapy in Italy.

Established in 1991, the Forum was the collective idea of leading training institute directors, distinguished scholars and professional therapists. The intention was to create a vehicle for dialogue among the different theoretical orientations and actively promote quality in the training and continuing education of clinical psychologists and psychotherapists.

The FORUM activities include the following:

- Gathering and disseminating knowledge and methods related to the promotion and assessment of quality in psychotherapy training.
- Developing resources and structures for facilitating the comparison and exchange of ideas among different psychotherapeutic orientations.
- Assessing the quality and effectiveness of psychotherapy training in the institutes belonging to the Forum.
- Acting as an advocate for quality promotion and control.
- Informing and acting as a liaison to governmental and nongovernmental bodies involved with professional psychology.

Forum participants have already initiated the following actions:

- Established contacts with similar international organizations.
- Studied the methods and procedures for quality assessment and control used in other countries.
- Created a committee to assist member institutes to assess and enhance efforts in the following areas: monitoring the training process, defining minimum acceptable standards; refining methods for supervision and the final evaluation of trainees; and continuing education.
- Developed a public clearing-house and data base on quality assessment.
- Organized seminars, lectures and workshops on professional ethics.
- Issued a charter of trainees' and patients'/clients' rights.

Scholars and professional practitioners in the field of clinical psychology and psychotherapy can also apply to be full members of the FORUM.

For further information, please contact the Forum Coordinator:

Dr. Alberto Zucconi
c/o Institution dell'Approccio Centrato sulla Persona
Piazza Vittorio Emanuele, 99
00185 ROME - ITALY
Phone: 6- 731.69.69 - Fax: 6- 731.68.15

A Person-Centered Approach to Cross Cultural Communication

The Center founded in 1969 by Charles Devonshire and Carl Rogers, consists of a network of consultants in approximately thirty countries. The basic philosophy is the person-centered approach to helping relationships in the tradition of Carl Rogers and his colleagues. Its aim is to extend and expand intercultural communication among persons in the helping professions.

Purpose

The staff team will be comprised of persons from a diversity of disciplines, all of whom are committed to the theory and practice of a person-centered approach. The intention of the staff is to help you create a learning community in which individual and group wisdom is highly respected. This will be a fresh experience for us all, and through it—with each other's help—we hope that all of us may gain a wider perspective and discover untapped resources to meet the challenges of becoming more complete as individuals as well as better members of the world community.

Available Skills and Tools Will Include:

Community meetings, encounter groups, special interest groups, books, tapes, films, various topical presentations, etc., and, of course, whatever special knowledge and abilities you and the other members of the community may bring.

The staff is dedicated to helping you explore all of your questions—both professional and personal—in the belief that, together, we may find positive answers.

But, again, the staff is not the only resource. You will become part of a vital international community and some of the richest possibilities for learning may well come from unprogrammed encounters.

Workshop Venue/Accommodation Costs:

Venue:—

Edzotabor
TATA
BAJI ut. 21
H. 2890

Telephone and Fax numbers
available after July 3rd:—

36/34/83244

36/34/83047

36/34/83457

Fax:— 36/34/83139

This workshop venue, close to TATA is 65 Km from Budapest. Participants will be housed in two buildings which are close to one another and located in a large park on the shores of a lake. A third building, 1500 m distance, will be used if necessary, for sleeping purposes only and it also contains a bar/buffet. Accommodation is based upon 2 persons sharing a room and rooms have bathroom, telephone and television—standards being in the 3 star hotel category. Facilities also include tennis courts, squash, swimming pool, sauna, fully equipped gymnasium and a bowling alley with bar facilities.

Cost of full accommodation and meals beginning with dinner on Sunday 4th July to lunch Saturday 10th July is 260 Swiss francs. This amount is payable upon registration on Sunday July, 4th.

How to Book/Participation Fees

Workshop participation fees is 600 Swiss francs which may be paid to Eddie McIllduff before May 31st 1993.

For persons of limited financial circumstances a reduced fee of 400 Swiss francs can be agreed in consultation with your country co-ordinator.

This fee of 400 Swiss francs applies automatically to

(1) Unemployed/part-time employed persons

(2) Full-time students.

Our country co-ordinator is: Ruth Sanford, 2023 Cecilia Place, Seaford, NY 11783, (516) 785-2035 to whom initial enquiries and bookings may be addressed. A deposit of 125 Swiss francs is payable by March 31st, 1993.

Expressive Arts Therapy Programs

In this unique program, Natalie Rogers expands the person-centered values of her father, Carl Rogers, to include expressive arts modes. The connection between self-expression, personal empowerment, and spiritual growth is explored through experience and theory. Expressive Arts Therapy uses the expressive arts—movement, art, music, writing, sound, and improvisation—in a supportive setting to facilitate growth and healing.

The Person Centered Expressive Arts Program

Is a course in four levels which builds to create a deep self-understanding and expertise in the use of expressive arts which can be applied in a wide range of professional and personal settings. Through hands on work and play with movement, art, music, writing, sound, and improvisation you learn to tap your creative energy and release your healing potential. It is designed both as a complete program for professional training and as a rich experience in personal growth. The four levels are:

1. The door to creativity
2. The creative self in community
3. Into the creative center
4. Internship

1993 Program Schedule

10th International Training In Expressive Arts Therapy

This is our internationally known training in expressive therapy. Join a diverse and unique community of learners in pursuit of creativity and healing. Room and Board is available as a recommended option for all these programs.

Level I. The Door to Creativity (931)

July 10-16, 1993 • \$525, \$30 Materials

Fee, \$330 Room and Board

Level II, The Creative Self in Community (932)

July 20-30, 1993 • \$790, \$30 Materials

Fee, \$550 Room and Board

Two Break Days

Level III, Into the Creative Center (933)

January 10-21, 1994 \$875,

\$30 Materials Fee, \$660 Room and

Board - Two Break Days

Program Site

Isis Oasis Retreat Center, Geyserville, CA. Our California residential programs are offered at a unique retreat center in the heart of the Sonoma County "Wine Country." Just 1-1/2 hours north of San Francisco, Isis Oasis is close to hot springs, redwoods, and the coast. This comfortable site includes a pool, hot tub, sauna, and fine meals.

Person Centered Expressive Therapy Institute

Resources for Creativity & Consciousness

P.O. Box 6518

Santa Rosa, CA 95406 - USA

(707) 526-4006 (800) 477-2384

An East Coast Program is also offered. Contact above.

PCETI Programs in England

Our English programs are offered at a beautiful manor, turned retreat, located conveniently near Liverpool and Manchester. Staff includes Laura Campbell, Dinah Wrycza, and Tess Sturrock.

Purpose and Value of Community Symbolized

This was my response to Ruth Sanford's thoughts about the "Purpose and Value of Community" in the last issue of *Renaissance*. From time to time I've wondered about that question — As I think others have, and also about the visual symbols/logos used by workshops, conferences and our Association in an attempt to portray what we mean by "community." I cited the sentiments that Ruth expressed, and was moved to create this embellishment of previous PC logos. I invite others to share their own visualizations of Person-Centered relatedness, community togetherness, growth, listening, hearing or way of "being." Perhaps other forms of creative expression of this highly personal — yet shared — experience could evolve (music? dance?).

David Meissner



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Nat Raskin, Ph. D.

Program Presentations

I. Defining Client-Centered Therapy

Margaret Warner

Can Client-Centered Therapy be Integrated with Other Theories and Techniques? When does Therapy Stop being Client-Centered?

A model for dividing styles of therapy into five levels intrusiveness as a first step in considering ways that various therapeutic styles can or cannot be integrated together. Client-centered therapists virtually always practice at Levels 1-3 intrusiveness. There is considerable debate among us about which of these levels is appropriate. There are ways other theories and techniques which can be integrated with client-centered therapy. When the primary focus of the therapeutic relationship moves to Levels 4 or 5 intrusiveness, a fundamentally different sort of therapist-client relationship is created and the therapy can no longer be usefully considered client-centered.

Marjorie Witty

The Collision of Marjorie Witty with Client-Centered Therapy and Post-Positivism

I am interested in understanding better how to place Rogers' theory within a positivist scientific tradition which I value, while at the same time recognizing the limitations of all psychological theories and of shifting the ground of discourse to the domain of values which grounds the client-centered approach.

Jules Seeman

A Human-system Model of Psychotherapy: Why Different Therapies Work.

Exploring the concept of the fully functioning person, recognizing quite early that an adequate understanding of this concept needs to view us humans from a comprehensive organismic perspective. I have evolved a human-system model of the fully functioning person while re-reading my favorite Carl Rogers paper "The Concept of the Fully Functioning Person." I have seen the implications of this model for an understanding and explanation of the therapeutic process. This human system model of psychotherapy applies not only to person-centered therapy, but may help to explain and define therapy in general.

Jerold Bozarth, University of Georgia

Myths and Misunderstandings of the Person Centered-Approach

There will be a focus on several recent papers which criticize Rogers' conceptualization of the necessary and sufficient conditions for personality change. (Fay & Lazarus, 1992; Norcross, 1992; Bohart, 1993; Quinn, 1993). Several of their points will be considered and their positions of inquiry will be challenged. Their misunderstandings of client-centered theory from the framework of other theoretical positions will be noted.

Bob Barth

Problems Encountered when Attempting to "DO" Person-Centered Therapy

A forum in which all who wish to could share some of the problems and confusions they have experienced with trying to be person-centered in a helping relationship. Some questions are: Does having unconditional positive regard mean that I must accept everything a client says and does? What is the nature of genuineness? What is revealed and what is withheld by therapists about their personal feelings and experiences in effective person-centered therapeutic relationships? Can person-centered therapist have expectations of their clients? Of themselves? Can one obtain satisfaction or a sense of accomplishment from work which asks that the person put his or her own needs aside in order to "be there" as completely as possible for someone else?

Doug Bower

The Attributes of Five Person-Centered Therapists

166 different attributes were found in a qualitative investigation of five person-centered therapists and were broken down into 5 different categories. The attributes of the person-centered therapists arising from the investigation will be presented from all sources of data and organized into the following categories: embracing, perceptive, authentic, integrator, and idiosyncratic.

Doug Bower/Nat Raskin

Therapy Demonstration Individual Therapy

Demonstration with discussion following.

Lisa Register

What are Therapists and Clients Thinking During Therapy?

A presentation and discussion of a phenomenological study of the experience of therapy of three different therapist-client pairs. Thematic structures are presented for the experience of the therapists and the experience of the clients respectively.

Fred Zimring

Growing the Subjective Self: A different Explanation for the Effects of Client-Centered Therapy

An explanations for why the necessary and sufficient conditions have the effects that they do.

II. The Person-Centered Approach in the World

Walt and Betty Ligon

A Workshop/Discussion on Racism

A discussion on racism possibly leading to recommendations for action for person-centered individuals and groups. Question to be raised include: What are our own attitudes and experiences in connection with racism? How can we increase the cultural and ethnic diversity in ADPCA? What are the power aspects of bringing about change? Do we have responsibility as individuals to work toward racial justice?

Mukti Khanna

Infusion of Person-Centered Principles in Teaching Tolerance.

A forum to explore participant's concerns about arenas of conflict through collage and present a didactic overview from Charles Johnston (1991) *Necessary Wisdom: Meeting the Challenge of a New Cultural Maturity*; Schindler & Lapid (1989) *The Great Turning*, and informational materials on reaching tolerance distributed by the Southern Poverty Law Center. The didactic information will serve as a catalyst to discuss and explore how person-centered principles could be infused with the models of teaching tolerance that have been presented or in other arenas of conflict resolution.

III. Community Groups

Ruth Sanford

The Purpose and Value of Community in Person-Centered Groups

A brief refinement and development of the paper of this title from the 1992 Fall issue of Renaissance. It will consider the organic nature of growth of community among individuals interested in or committed to application of the person-centered approach. It will include the writings of Carl Rogers and personal experience in a wide range of groups, including the 17 day workshop "Building of Community" described in chapter eight of *Carl Rogers On Personal Power*. It is hoped that participants will have done some reading and thinking on the subject in advance.

Kristin Sturdevant, University of Iowa

From Frustration to Fellowship Through Dialogue in the Large Person-Centered Group

Towards the end of his life, Carl Rogers was increasingly broadening his scope of interest, concern and commitment from small groups to the global community. He had a "pulse" on humanity in this fragile world. Person-centered theory has parallels with systems theory and object relations theory. My intent is to compare these three approaches, finding commonality in the act of dialogue, which holds potential for resolving conflicts and for achieving true fellowship within groups of any size.

Jeanne Stubbs

Individual Experiencing in Person-Centered Community Workshops: A Cross-Cultural Study

A qualitative case study of fifteen participants' experience of person-centered community workshops in US, Scotland and former Czechoslovakia. Emerging themes of the participants' experience and their implication for person-centered principles will be discussed.

See Program, Page 8