

# RENAISSANCE

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

Spring, Volume 15, Number 2, 1998

*"It appears to me that the way of the future must be to base our lives and our education on the assumption that there are as many realities as there are persons, and that our highest priority is to accept that hypothesis and proceed from there. Proceed where? Proceed, each of us, to explore open-mindedly the many, many perceptions of reality that exist. We would, I believe, enrich our own lives in the process. We would also become more able to cope with the reality in which each one of us exists, because we would be aware of many more options. This might well be a life full of perplexity and difficult choices, demanding greater maturity, but it would be an exciting and adventurous life.... Suppose that instead of shutting out the realities of others as absurd or dangerous or heretical or stupid, I was willing to explore and learn about those realities? Suppose you were willing to do the same. What would be the social result? I think that our society would be based not on a blind commitment to a cause or creed or view of reality, but on a common commitment to each other as rightfully separate persons, with separate realities. The natural human tendency to care for another would no longer be "I care for you because you are the same as I" but, instead, "I prize and treasure you because you are different from me."*

Carl Rogers, *A Way of Being*. Boston: Houghton Mifflin, 1980, pp. 104-105.

## Proposals for the World Organization FEEDBACK REQUESTED

Let me say that I am a proud founding member of ADPCA, and that I proposed from the beginning that it be conceived as international in its membership (actually, it was not named American Association for the Development of the Person-Centered Approach so as not to limit its scope).

Yet, for many reasons, ADPCA is not seen by many as an international association, but rather as a USA association with full right foreign members, that do not adequately respond to many needs of the world PCA community. Among these reasons, as seen by different people, rightly or wrongly, are:

- the majority of its members are USA citizens,
- all meetings have taken place in the USA,
- activities are held in English as only language,
- it lacks representational and deciding bodies where the diversity of cultures and geographical regions and countries, and professional and interest fields may be attended.

This does not necessarily mean that ADPCA could not become the core of a World association, providing, on one side, that:

1. ADPCA members would choose to change and/or expand its present goals and structure, and
2. the PCA world community would see ADPCA as the enabling instrument for the achievement of this world.

Conversely,

1. ADPCA may choose not to assume this challenge, and/or
2. the PCA world community could prefer dealing with it in a different way.

I perceive as real the need, both for global and specific associations. I am willing to commit my efforts, as part of

whatever group of people would have similar perceptions and interests, to respond to this need. I certainly see it as a clear case of the advantages of the "and" choice over the "or".

On October 30 I sent to the members of the Organizing Group of the World Association for Client-Centered Counseling and Psychotherapy the following proposals, which have not yet been the object of study by them. I am sharing them with the members of the Red-e Iberoamericana (Spanish- Portuguese: 129 members) and the cctpca network (English: 144 members) to promote the exchange of opinions about them.

I remind you that it is important that you send a copy of your opinions to: [wpca@mixcoac.uia.mx](mailto:wpca@mixcoac.uia.mx) so they get to the members of the Organizing Committee, as well as sharing them with the members of the networks ([iapca-ecp-acp@mixcoac.uia.mx](mailto:iapca-ecp-acp@mixcoac.uia.mx) and [cctpca@mcs.com](mailto:cctpca@mcs.com)). (If you are not on-line, please respond to the land address listed below.)

Here are my proposals (I include some changes I have thought about since then):

1. That the association be an all-inclusive association for all persons interested in the person-centered approach. Its name could be: World Association for the Person Centered Approach.
2. That the association have sections or divisions, which would allow for the recognition of different fields of work and/or study, one of which could be the World Association for Person-Centered Counseling and Psychotherapy and others could be, for example: World Association for Person-Centered Education, World Association for Person-Centered Organizational Development, World Association for Person-Centered Sociology, World Association for

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## *Proposals for World Organization continued*

- Person-Centered Spiritual Development, etc., with no other limit than the creativity of the diverse groups interested in becoming organized as sections or divisions.
3. That the Association, as well as the sections or divisions, admit professional and non-professional members, with differentiated rights and obligations, to allow the professionals to have the necessary support for their professional activities, and the non-professionals to participate also.
  4. To recognize differences in professional requirements in diverse countries, so professional members fulfilling their national standards may enjoy the backing of the section or division.
  5. To respect the freedom of the members or the Association to be members of one or more of the sections or divisions.
  6. To maintain fraternal relationships with existing regional, national and local person-centered associations, groups and organizations, including their possibility of becoming organizational members of the Association and its sections or divisions.
  7. To respect the freedom to be members of the Association and its sections or divisions without necessarily be a member of any of the associations, groups or organizations mentioned in proposal number 6.
  8. To recognize from the beginning its World characteristic by establishing several official languages for the Association and its sections or divisions (this certainly requires an extra effort on everybody's part, yet it is necessary for a real sense of equality among members speaking different languages; no single language should be accepted as universal language).
  9. That the process of elaboration of the definite version of the statutes be as participative as the communication means available to the Organizing Group allow for.
  10. That the provisional version of the statutes approved in Lisbon be considered as a starting point and not a final goal, and its elements be integrated, according to its usefulness and relevance, in the statutes of the Association, and in the statutes of the section or division for person-centered counseling and psychotherapy.
  11. To limit the official activities of the Association and its sections or divisions to the strict necessary minimum until the definite version of its statutes are approved, as it was voted in Portugal, in the 5th International Conference on Client-Centered and Experiential Psychotherapy in Chicago, in 2000.

If you got here, thanks for your interest and patience.

Mtro. Alberto S. Segrera  
Director

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## **Envisioning the Future**

The year, 2050. The place, Earth. PCA has become the accepted norm for civilized living and human relationship. The revolution has happened.

We look around us and what do we see? What would a PCA world look like? How would we feel to live in it? What would be different, and what would have been left behind?

What would politics have become? How might religion have changed? Would we see a new education and what would it be like? What of art and science, how might these have evolved? And economics and business - what would be acceptable, unacceptable in a PCA world? And how would the PCA world relate to the environment?

Share your vision of the PCA world of the future with the not so PCA world of today.

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# WORLD ASSOCIATION

## *Reply and Commentary*

Suzanne M. Spector

I have three major objectives in writing this:

- 1) to allay suspicions of secretive, exclusionary, power-grabbing intent in the organization of WAPCCP.
- 2) to clarify and restate the intent of the organization.
- 3) to clarify the relationship between ADPCA and WAPCCP, as I see it, at the present time.

I want to start out by acknowledging and appreciating Elisabeth Zinschitz for sending RENAISSANCE the WAPCCP *Provisional Statutes of the Organization*, including the principles, goals and structure. This is really all that exists so far that was discussed and approved by the international PCA community of almost 150 people in Portugal. I also appreciate Elisabeth's E Mail giving the brief history that Garry included at the beginning of his Commentary and Alberto Segrera's submission of the list of people elected by the community present in Portugal to carry forward until Chicago in 2000. I appreciate Garry taking the time to bring his concerns and feelings forward and to open up the participatory process. I can certainly understand that with an absence of information, suspicions can move in to fill the void. I guess I feel a little guilty because I was not dealing with E Mail initially, and therefore did not move in to offer information. I'm still a little reluctant to lose control of my time by diving into the PCA EMail network, but I hope you believe me that there was no intent on anyone's part individually or collectively - to withhold information. It is simply that there is no structure or process other than individual initiative on E Mail, at the present time. After reading RENAISSANCE I felt impelled to reply.

As someone who was not involved in the WAPCCP formation process until the Portugal meeting, I want to thank those 30 people who met in Bad Hall (I believe at their own expense) and put together a Provisional Organizational charter. I think they did a terrific job and we can all be grateful not only for their initiative, but for their clear and inclusive language in defining principles and goals. They did the preliminary work for all of us, but they invited participation before, during and after the Portugal meeting. Before Portugal, I think I remember seeing announcements in the US giving opportunity to participate in the initial forming in publications of ADPCA, AHP, and APA. While this process did exclude, to some degree, those who cannot afford to participate in person, some of those who were present in Portugal also said that they were representing others who could not be there. I thought that the Portugal community was the perfect next step - an actual in-person international PC gathering of people from 21 countries! It was this community (not just the organizing group) who approved the provisional

charter and elected a provisional Board. I think we can all feel proud that almost 150 people from 21 countries gave birth to this organization. Included in that wonderful mix were at least 12 members of ADPCA. (Ned Gaylin, Ed Koch, Margaret Warner, Fred Zimring and myself from the US, and Samuel Atunes-Portugal, Irene Fairhurst-England, Martine Leonard-France, Germain Litaer-Belgium, Mieko Osawa-Japan, Marlis Portner-Switzerland, and Alberto Segrera-Mexico). The intent of the whole community present was clearly to move forward, but to move slowly and to open up the process during the three year period over E Mail for everyone, everywhere, and then to take further formalizing action by whoever chooses to participate in Chicago. This feels like a more open and creative process and less political than going through existing organizations. In every country, there is no single organization that represents all pca folks and in many countries there are diverse political factions. It is the intent of this world organization to be respectful of individual, cultural, theoretical and national differences, while holding a shared humanistic global vision. We chose the name "world" rather than "international" to consciously move beyond nationalistic thinking. I, personally find this an exciting enterprise, one that doesn't threaten or replace existing organizations like ADPCA, but aims to create a new global organizational model for the 21st century.

The original impetus for organizing WAPCCP was the professional need for an international PCA organization in psychotherapy and counseling. We had no appropriate international organization to be contacted for representation at the World Psychotherapy Conference in Vienna in 1996. More significantly, person-centered counseling and psychotherapy is being undermined and deligitimized in critical ( that's not even a strong enough adjective to express the seriousness of the issue!) ways by policies and practices of insurance companies, academic, institutions, professional organizations, and governments in many countries. Professionally, in our interface with the outside world, we must band together to stand up for what we believe This is a primary need. While some feel addressing this issue should be the primary and even exclusive goal of WAPCCP, my own hope is that there will be enough energy, talent and commitment in WAPCCP to deal with this pressing agenda in psychotherapy and counseling, while implementing our other goals as well. This, I believe, is still a controversial issue. It is possible that WAPCCP would concentrate only on psychotherapy and counseling and another international organization might be formed that would encompass

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## Can The ADPCA Become A World Association?

At this time, many people within the PCA community throughout the world are feeling that is necessary to create a PCA World Association. I wonder if the ADPCA could not become this World Association? I think there are a number of reasons why we should try to do this:

The ADPCA was conceived from the beginning as a International network. It is a historical organization with the participation of Rogers in its foundation.

ADPCA is a congruent application of the Person-Centered approach. It is an organization run through the principles of the person-centered approach. It has no statutes, no authorities, no managers. Every member is a leader and every member is responsible for the whole association. Belonging to ADPCA means to participate in it. Thus, ADPCA can be recognized as an association truly representative of the PCA.

ADPCA has already got a solid structure. It has a large directory of memberships. It publishes a well-known journal and a newsletter. It even has a website on the internet. We should take advantage of this structure, instead of creating a new one from nothing.

Probably, there will be a competition, a struggle for "territories" between the ADPCA and the new "World Association".

***What should we do to help the ADPCA become larger and wider, to become a World Association?***

I suggest that we could create some "branches" or sections of the ADPCA around the world. For instance, the Latin-American

community could create a "Latin-American section of ADPCA". Thereby, each section would have its own journal and its own newsletter in the most common languages in its community. However, the most important thing is that each section would be able to exchange its journal and newsletter with the others. Each section would have its own annual meeting, but from time to time, there would be a meeting of the whole Association, embracing every country and all languages at the same time... So, instead of having several isolated Associations, separated by geographical and cultural interests, we would have only one Association, with several branches. A big tree that would be able to produce more fruits and seeds than a small one.

Nevertheless, there are two important questions that we need to answer:

***Do the ADPCA members want to change or expand it?***

***Do the several PCA communities throughout the world want to choose ADPCA to be the seed of the World Association that they are striving to create?***

I don't know these answers. I only hope that this big dream could become reality one day. I will share this idea in the ADPCA Boston meeting and I'm already sharing it in the Spanish/Portuguese PCA e-mail list. This issue should also be discussed in the Latin-American PCA Encounter and in the VII International Forum both of which will happen this year. I'm doing my part. I'm looking forward to knowing your thoughts and feelings.

ELIZABETH FREIRE

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### *WORLD ASSOCIATION continued*

WAPCCP, ADPCA, and other PCA organizations. However, as I reread the Provisional Statutes, they seem pretty inclusive to me, and that was the intent approved by the community in Portugal - that WAPCCP be an inclusive world organization. If there is anything exclusionary, I hope it will be pointed out before/or during the meeting in Chicago.

Although ADPCA does have significant international membership, there has never been anything international or global about it's agenda. That's fine. We need an American organization and ADPCA is it. If people from other countries choose to join because they are interested in what's happening in PCA in the US, or for whatever reasons, that's great, but it would be a shame for ADPCA to give up the functions it has in the US in order to transform itself into something else simply because there is another need. ADPCA can join WAPCCP as an organization to be part of a world-wide consortium of PCA organizations and individuals. Individual members can also join.

The intent is to keep individual membership dues as low as possible to facilitate broad worldwide participation of everyone who wants to participate.

By the way, I think the fact that the next meeting is in Chicago speaks for itself in answer to suppositions of anti-American feeling and European/American polarities. We want to remember that "America" includes Canada and Mexico, as well as all of Central and South America and there are other continents beside North America and Europe. That's why I'm going to the Forum in South Africa - to expand my worldview further. I've always preferred experiential learning!

I appreciate RENAISSANCE publishing Garry's concerns as well as the facts submitted by Elisabeth and Alberto. I hope this commentary clarifies the situation further. I'm sorry I can't be in Boston. It sounds like it's going to be a great conference. I expect to be celebrating my mother's 93rd birthday that weekend - and these are getting ever more precious to me.

# Warm Springs and the World

REACTIONS TO THE LAST ISSUE OF RENAISSANCE (WINTER, VOL. 15, NO. 1, 1998)

The last issue of *Renaissance* evoked a lot in me. Impressively, unexpectedly, and kind of mysteriously, a lot of it revolved around Warm Springs.

At the very end of the last issue was Ken Newton's farewell as *Renaissance* editor. I first met Ken at Warm Springs, perhaps the first one in 1987 described with such feeling in the last issue by Doug Bower. I experienced Ken initially as difficult and cantankerous. Over the years, I came to appreciate him as warm, loving, and enormously giving, and I felt a bond with him as a fellow septuagenarian.

Warm Springs is where I first met Doug and Jo Cohen, who contributed so much to the last issue and continues to make our presence felt at the Eastern Psychological Association Convention in a spectacular way. Jo was a graduate student when I first met her at Warm Springs and drove me back to the Atlanta airport at the end of the workshop. Paula Bickham was also a student at that time and met me and others arriving at the airport the following year. It has been heartwarming to see her grow into a teacher and community leader and to feel the development in our own relationship. I have been to most of the Warm Springs workshops and, unlike Doug, who describes his approach each February as a love/hate attitude, I always expect to have a great experience. In the process, like Doug, I have the same assortment of feelings described by him: "doubt, anger, frustration, joy, celebration, ecstasy, and humor." The negative feelings are often a reaction to Gerald Bozarth's extremely laid-back way of organizing and facilitating this group experience. He really believes in self-direction in working with individuals and groups and carries out his convictions in a very personal, unique way. The Warm Springs experience has always ended with a feeling of group cohesion, warmth, and love, in spite of great diversity in group membership, people being in and out of the community over the course of the workshop, some individuals joining the group for just one day or part of a day, and other expressions of irregular participation and affiliation. The community seems to actualize itself, without guidelines and external direction, perhaps because nobody is running the show. It must be said that there has been significant carryover of group membership from one year to another and over the twelve years of its existence. At the beginning, I knew a small percentage of the participants; when I attend now, I know most of them, and many of them very well. The last two years, the community has included two people, Gerald Bauman and Armin Klein, with whom I started meeting as a small group at workshops of the American Academy of Psychotherapists starting in the 1970s or earlier. We take advantage of being together at Warm Springs, but the presence of new participants always enriches my experience, and the atmosphere is one of welcoming and inclusiveness.

Another piece in the last *Renaissance* issue had to do with Bill Barnard's experience of inclusion/exclusion at the ADPCA

conference in Las Vegas, regarding the planning of the 1998 meeting in Massachusetts. Bill clearly felt excluded, but I was glad to see that he remains hopeful, saying that, since he has been asked to be a keynote speaker at a conflicting meeting, he casts his vote by proxy at the "Boston" meeting "in favor of community-building, openness, self-direction, and inclusion for the 1999 meeting." Given the history, tradition and modus operandi of the ADPCA, I don't anticipate a problem with Bill's wish.

Much of the last issue concerns the "World Association for Person-Centered Counseling and Psychotherapy," the description of its "Provisional Statutes" by Elisabeth Zinschitz and the critical Commentary by Garry Prouty. I, too, am troubled by the manner in which this organization got started and by its statutes. I agree with Garry that there was severe underrepresentation in the group that planned the new society, that there should have been the opportunity for wider participation by individuals and organizations, that this development could lead to polarization, and that it is implied that "World" will constitute an umbrella organization over existing person-centered groups.

The planning group took the step of merging client-centered with experiential therapies, which is one thing for a conference, like the International Conference on Client-Centered and Experiential Psychotherapy (ICCCEP), and quite another for an ongoing umbrella-type organization. This suggests some lack of respect for the importance of non-direction in the therapeutic process because, in taking the initiative to help clients to "experience," it is my impression that non-direction often takes a hit.

I have been in the habit of attending the ICCCEP and also the International Forums on the Person-Centered Approach, starting in Mexico in 1982. I have learned a lot from both and accepted their different emphases. The Forums, like the ADPCA, have always provided for non-didactic meetings of the total community. Planners of the ICCCEP have shown a disinterest in this kind of activity. In spite of my preferences I have, up to now, not had to choose one over the other. But the "World" statement expresses a commitment "in particular" to the ICCCEP and does not mention the Forum, which preceded it as an international meeting.

I want to thank Garry for his valuable and courageous statement, and join him in the hope for a possible reconciliation. For some time, I have felt that I was a part of an international person-centered community, and very glad of it. I am interested in exploring the possibility of a world organization that would feel right for me and others. But I am mindful of the fact that client-centered therapy and the person-centered approach got along without an organization for over forty years. For me, the ADPCA, the way it functions now, is a remarkable expression of person-centered principles. I am especially appreciative of it because good organizations are rare indeed.

NAT RASKIN • April 1, 1998

## Annual Meeting Progress Report

Hello, Matt Ryan here, writing to you about the upcoming meeting, the organizing of it, and myself. It's the wee hours of 4/4/98 and I've stretched Jody's 4/1 deadline significantly in order to get this in. My life has been unexpectedly full lately. More about that later.

**THE MOST IMPORTANT INFORMATION ABOUT THE MEETING IS AT THE END OF THIS REPORT. DON'T MISS IT.**

We had an organizing meeting earlier this evening, and I've stayed up late at the computer writing up the minutes, writing this progress report, and (next in the queue) writing an assignment for my Muscular Therapy course and putting together the first release of the newsletter I've decided to do amongst my classmates.

I'm tired enough that I'm tending to write in stream of consciousness, but I sense some overview is needed now. So.

The committee's founding vision for this year's meeting was one of outreach. What brings ADPCA together would bring many more people together, and from wide-ranging disciplines, if only they knew we exist and what we're doing.

That vision is becoming reality. The meeting in May will have a much higher proportion of people who have never before been to an ADPCA event. The majority of those will be people we (primarily Carol Wolter-Gustafson, Outreach Coordinator) have actively sought out because we had reasons to think that they and we should meet. To our great happiness, some of the outreach has generated first-time presenters as well. As a result of this success, there will be 7 blocks of presentations (possibly 8), 4 or 5 presentations per block, and more than half of them from disciplines other than psychotherapy. It hurts to schedule so many good-looking things at the same times together, and we're reminding each other that this is a Good Problem To Have.

These differences will give the meeting a different feel in many unanticipatable ways. I am eager when I imagine good differences and afraid when I imagine bad differences. I have a huge capacity (and too-little-tapped) to perceive and think about the flow and feel of large group dynamics, and a talent for creating conditions that foster community. Will I be energized or drained if I give that capacity free rein to guide me during the weekend? Would the result be controlling or nurturing? Freeing or in the way of the process?

Writing is so hard for me these days. To be hyper-concise, my innermost self made a compromise, long ago. I settled for using language to meet the world rather than my natural way, the kinesthetic mode (touch, movement, body language). No one was around who could communicate with me through kinesthetic. I became quite adept at writing, speaking, and analytic thinking to get the love and rapport I needed, and the innermost went without expression. Now, increasingly, the innermost is no longer willing to proceed with the old compromise, and I come up dry for words.

I am not yet free (and how powerful would I be then?), but I am proceeding slowly in a new direction. I am studying a touch modality of the healing arts (it happens to be Muscular Therapy). For the first time the other day, I considered learning dancing (swing). Not a new thought, that, but — to actually consider it! I am disoriented. I cannot speak or write when it is the center that moves me. To be heard or read is to be missed, yet to be silent is to be unnoticed.

I need to finish. Closing stuff, and then the really important information last.

We'll be sending out a letter to each registrant in early May with travel instructions and anything else we think you should know before coming. We are going to rent a van for Thursday pickups but aren't certain yet where we'll be picking up from.

We invite responses to our reports in this issue of Renaissance, questions about the conference, and contributions to the bibliography and memorabilia projects Carol is organizing. Communications should go to Julia Rabin, PO Box 396, Orange, MA 01364. jlrabin@aol.com (978) 544-6512.

And now: **we can only \*guarantee\* that room and board will be available for you at the conference if you REGISTER BY MAY 1ST.** This is the reality of our situation. Wheaton College buys food and rents linens before the conference according to the number of people we promise to pay for. They will be able to provide for a limited number more, and beyond that they will not. We will estimate as best we can based on what we know by 5/1, and are prepared to lose some money by over-estimating, but we could still be surprised.

Secondly, half of the anticipated total conference cost is due to Wheaton College 30 days before the conference. Therefore, **PLEASE REGISTER BY APRIL 15TH** or really soon thereafter, so that we have enough money in the bank to pay the bill.

Dawn is coming. Class meets in three hours. My energy is low, but light and activity keep me awake easily, so I can do this when I choose. I am visualizing a wonderful meeting. I can't speak from the center, but all of me will be there, in May.

MATT RYAN

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### ADDENDUM FROM CAROL

Overall, the headline I would give to my experience to date is, full of learning at every level. Every person who is helping put this event together is bringing something wonderful to the table. I believe that this meeting will be rich and rewarding.

On the most mundane level, I am in the familiar stage of organizing, when an internal alarm goes off frequently, at random moments asking, "Is this question, problem, detail taken care of yet?" The good news is that with this group, I can usually shut

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