

RENAISSANCE

Quarterly Newsletter of the Association for the Development of the Person-Centered Approach Volume 17, Number 2, Spring 2000

Journal Editor Proposes Change

PERSON-CENTERED JOURNAL EDITOR SOUGHT

Jo Cohen Hamilton

The millennium year has brought with it many exciting discoveries for me. Perhaps the most riveting has to do with my commitment to caring for myself and my children. The work of Person-Centered Journal editor has been incredibly rewarding for me. First of all, to have been entrusted with the task has meant a great deal to me personally and professionally. Meeting the challenge of publication deadlines has been a lot of hard work, and your acknowledgments and patience have not only been appreciated, but have helped me to sustain my efforts. I have discovered how critically dependent the publication of each journal issue is upon the contributions of authors. Without authors, TPCJ literally would not exist.

It has at times strained me to subsist for stretches of time without a single submission, wondering how the next issue would make it to press. Con-

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Gay (Swenson) Barfield nominated Carl Rogers last year for TIME Magazine's "Person of the Century". This is her letter of nomination.



Ms Cathy Booth, Bureau Chief
TIME MAGAZINE
11766 Wilshire Blvd. #1700
Los Angeles, California 90025

Dear Cathy Booth and TIME100 Staff,

I am writing this letter to encourage you to include the name of Dr. Carl R. Rogers as one of the seminal thinkers and revolutionary scientists of this century for your TIME100 project. I believe that Dr. Rogers' contributions to this century have changed the very nature and direction of our times, our approach to human relations, the research and practice of psychotherapy and counseling, and our perception of and approach to conflict transformation and world peace. I will speak to each of these points below.

A REVOLUTION IN PSYCHOTHERAPY

The theory and practice of psychotherapy and counseling that Carl Rogers developed has been variously referred to, in its evolution over 50 years, as non-directive therapy, client-centered therapy, and the person-centered approach. This approach is fundamentally informed by an existential humanistic vision of life, one which is experiential, phenomenological and relational in nature. It has deep trust in the capacities of each individual, and of groups as well, to know their needs and to act constructively toward self and others when heard

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Prolific PCA Writer Makes Many of His Papers Available

The following is a PARTIAL list of papers by C. H. Patterson which are available for little or no cost. (see the Winter 2000 Issue of *Renaissance*).

1. Littleton Aftermath
2. On Skills And Skill Training
3. Current And Future State Of Psychotherapy
4. Current And Future State Of Civilization
5. Client-Centered Or Person-Centered? (Rogers)
6. On Being Client-Centered
7. On Being Nondirective.
8. Structuring In Therapy
9. Review Of Rogers' Three Major Books
10. Multicultural Counseling: From Diversity To Universality
11. Questioning In Client-Centered Therapy
12. Empathy, Warmth And Genuineness: A Review Of Reviews
13. Psychotherapy In The Schools
14. The Primary Prevention Of Psychosocial Disorders
15. What Has Happened To Humanistic Education?
16. Is Psychotherapy Dependent On Diagnosis?
17. Values In Counseling And Psychotherapy
18. A Universal System Of Psychotherapy
19. Winds Of Change For Client-Centered Therapy
20. Client-Centered And Experiential: Two Different Therapies (By Barbara Brodley)
21. Labeling
22. Tyler Award Citation
23. Jackson Interview
24. A Piece Of Her Heart
25. Involuntary Clients
26. Client-Centered Supervision
27. The Education Of Counselors And Psychotherapists
28. Outcomes In Counselor Education

[The least expensive way for us to send these papers is over the internet, but if you need a paper-copy of a small number of these papers, send your request to *Renaissance*, and we will find a way to get you what you want at minimal cost. Paul B.]

Psychodynamic Clinicians and Client-Centered Therapists

Two Different Universes

Fred Zimring

Several weeks ago I attended a student presentation of a client-centered case to an audience of psychodynamic and cognitive-behavioral clinicians. Their comments focused on the neurotic behaviors and the psychological problems of the client and their causes. As they talked, I realized we were in different universes. In their universe, the client's distress was caused by problems stemming from underlying dynamics and faulty concepts. For these clinicians, not to deal with these problems is not to help the client.

In my universe, the client's problems will be dealt with by the client if I can help the client to become free and believe in the validity of his or her inner frame of reference. I do this just by trying to understand this frame of reference. For me to focus on problems or dynamics or mistakes in living or experiencing that is not being focused on by the client at that moment is to weaken the client's belief in the validity of his or her internal frame of reference.

These two universes are very different. The clinicians believe that orienting the client to his or her problems will bring relief. I believe that listening for the client's perspective will strengthen the client, and from this strength, the client will solve whatever problems he or she thinks to be significant. They try to work with the diseased part of the person, I with the healthier part.

I write this note because I am struck by the parallel between a recent emphasis in psychology on "wellness" and this difference between working with disease or working with strength. The January issue of the *American Psychologist* is a special issue on this topic. Also, there is a 1999 Sage Foundation book "Well Being" by Kahneman, Diener and Schwarz. I think we have something important to add to this new discussion.

Isn't it interesting that Rogers, once again, was 50 years ahead of the rest of the world?



Gay Barfield

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deeply and empathically, respected unconditionally, and met genuinely.

Because of his contributions, Dr. Rogers was considered one of the fathers of "third force" and humanistic psychology, a psychological orientation distinctly in contrast to Freudian and Skinnerian forces and perspectives. Even his earliest work began clearly to set Rogers apart from these latter two philosophies/world views, adding a vital, humane and revolutionary new perspective to the science of human development through his writings, teaching and clinical practice. Questioning as it did both psychoanalysis and behaviorism, the therapeutic values and approach that Rogers introduced over 50 years ago caused an incredible stir and charged debates within the traditional professional psychological circles of the time.

Yet through ample and innovative approaches to research data collection (such as the first use ever of 78 recordings of verbatim client sessions), outcome studies and ongoing learnings with and from his clients, he continued the refinement and elegant development of his theory.

By the late 1950s, Rogers' approach had become the foundation for the development and evolution of the multiple humanistic and transpersonal approaches to therapy and personal growth that informs the modern psyche and most psychological orientations of today.

THE POPULARIZATION OF PSYCHOLOGY

Carl's book *On Becoming a Person*, first published in 1961, was the first psychology text ever to be included on a best-seller list. Later this book was selected by the Los

Angeles Times as one of its 100 most important books of the twentieth century. Such success was followed over the years by more best sellers such as *On Encounter Groups*, *Marriage and its Alternatives*, *Freedom to Learn* and *Carl Rogers on Personal Power*. The popular impact of his work continued with the Oscar award in 1970 to "Journey Into Self" as the best documentary film of the year. Rogers' filmed interviews with individual clients are used and analyzed around the world still today in professional therapy training programs and universities. As a result of the reading and viewing public's immense interest in and receptivity to his approach, we now accept as part of the common language stream such words as "empathy, congruence, personal growth, human potential, I-messages," etc.

Equally appealing to the public were the self-determining and empowering views of self and others inherent to this philosophy. These values, which spoke of our individual "organismic knowing" and "internal locus of reference," began to powerfully erode the automatic acceptance of many traditional values and external hierarchical voices rarely questioned before by such a large segment of the population. Out of such seeds sprouted much of the self-help and empowerment movements of today with their enormous impact on the culture at large, the helping professions and the publication world and visual media.

PROFESSIONAL RESPECT & EXPANSION OF THE FIELD

While Rogers appreciated the widespread impact of his work among the larger public, he felt deeply honored as well that the American Psychological Association (APA) presented him with their two most prestigious scientific and professional awards. Additionally, in 2 separate surveys done by professional journals in 1982, fellow therapists of all orientations voted Rogers' books as the number one and most durable influence in the field of therapy, even beyond that of Freud, and first again among the "Ten Most Influential Psychotherapists."

I vividly remember Dr. Richard Farson's comments describing the enormous impact of Rogers' work on all categories of helping professionals and their clients as he spoke to 3,000 people at UC Berkeley in 1977 as part of the Association for Humanistic Psychology's Annual Meeting honoring Dr. Rogers' 75th birthday. Farson reviewed the fact that if it were not for this "quiet revolutionary" as he called him, most of us in the audience, other than the physician psychiatrists present, would not be there that day defining ourselves as

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ADPCA 2000 — SAN DIEGO

The ADPCA 2000 annual meeting will take place from Wednesday, **August 9** through Sunday, **August 13**, 2000 at the University of California at San Diego, a beautiful location in La Jolla, close to the ocean. We want to offer a welcoming occasion for persons to discover more about the person-centered approach, themselves and others

Full room and board are inexpensive: \$56 double or \$65 single per day, for the four days of the meeting. Parking is provided (And included with room and board.) All facilities are handicap accessible. The meeting registration fee will be \$190.

The conference is sponsored by ADPCA and hosted by the Center for Studies of the Person. A 33 year old CSP project — the La Jolla program — will take place just before the conference (**July 29-August 6**), in case some of you would be interested in attending that as well. The La Jolla Program (lajollaprogram@yahoo.com) is an intensive 9 day.... followed by a 2-day training seminar. (15% tuition discount for ADPCA attendees).

People interested in coming earlier or staying later and seeing La Jolla can book room space at the University in advance of the annual meeting, from Sunday August 6. Space will be available in nearby dorms until the 9th when Blake Hall opens up for us. After the 13th people can remain in Blake Hall for at least three days. The cost is \$39.66 single and \$30.66 double; meals extra at the cafeteria or wherever people want to eat.

Reservations need to be made through the ADPCA conference, so let us know in advance the specific dates you want if you want accommodations before or after the conference.

Our very general focus for a theme for the conference is "Power and the PCA." Any ideas you have about the theme or for special events or new ways of meeting are welcome either as feedback or as subjects of a presentation at the conference. We want to keep the planning process for the 2000 conference open to every one's interests, concerns, needs, ideas and energy. To do that we hope you will communicate with us. All presentations — whether on or off the conference theme are welcome. Please submit proposals by May 15 to Jere Moorman, at jeremoor@aol.com. Include: title or type of presentation, name, address, phone, e.mail and or fax; rationale and content description, objectives, any special audiovisual requests, short description for conference program, brief resume or vita.

PUBLICITY IS IMPORTANT. PLEASE HELP US GET THE WORD OUT!

If you know of a mailing list, or individual persons that you would like to hear about the meeting (in addition to the ADPCA membership), we would appreciate hearing about this. Also please distribute, post, and discuss information about the meeting, especially to students. We are eager to hear from you. **If you have the opportunity to distribute our San Diego 2000 brochure in relevant workshops, classes or organizations, please ask us for additional copies.**

Ferdinand van der Veen and Jere Moorman (Co-coordinators)

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The La Jolla Program

Our 34th year exploring The Person-Centered Approach

July 29-August 6, Core Program August 6-8, Training Seminar

Individuals in the helping professions attend to enhance their professional abilities.

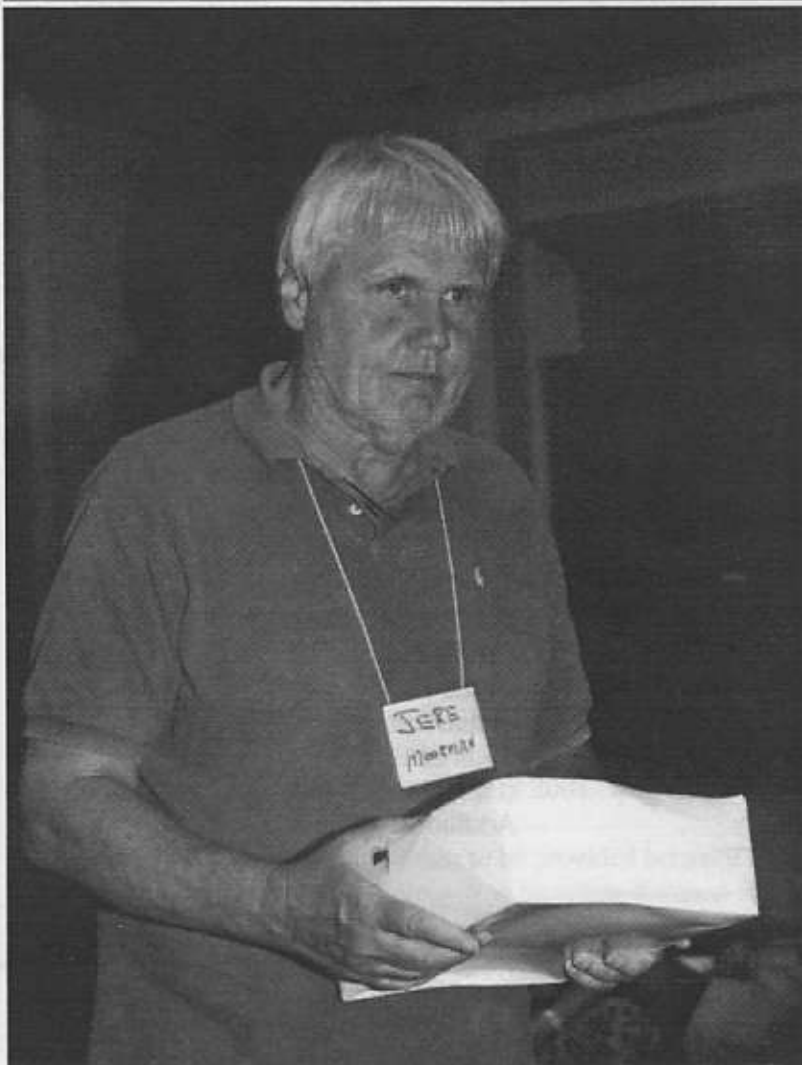
Individuals, including professionals, attend to enrich their personal lives.

38 CEUs available from NBBCC.

15% tuition discount to ADPCA attendees.

Contact us at:

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Bruce Meador: 760-789-4794
Fax: 760-789-1770



Is Jere Moorman, pondering his pre-Annual-Meeting "to do" List ?



Jere, way out in front and pulling hard!



Drawing from the back cover of *Conflict is inevitable. War is optional*, by William Stillwell and Jere Moorman

MEMBERSHIP IN A.D.P.C.A

The Association for the Development of the Person Centered Approach is an interdisciplinary network welcoming the participation of educators, psychologists, nurses, social workers, health-service providers, pastoral counselors, psychiatrists, psychotherapists, counselors, marriage and family therapists, organization-development specialists, and other professional and lay persons involved in the field of human relations, and personal and interpersonal development.

We are an international network of persons who support the development and application of the person-centered approach. ADPCA seeks to further a pioneering spirit and vision of what a person can become.

ADPCA sponsors an annual meeting, usually held in a different location every year. The meetings include activities that are experiential, theoretical, and practical (such as business meetings). Annual meetings are based on a sliding-scale fee established by hosting committees.

ADPCA also disseminates information about other person-centered activities and organizations throughout the world.

Membership Benefits include subscriptions to the *PERSON-CENTERED JOURNAL* and to the quarterly Association newsletter, *RENAISSANCE*, as well as a listing in, and a copy of, the Association Membership Directory.

Additional contributions are welcome from those who are able, to provide membership for those unable.

- Regular membership \$65
- Student membership \$25
- Institutional membership \$65
- Journal subscriptions only \$65

Partial or full scholarships possible on request.

There is no charge for Co-members if they live at the same address as the Regular Member and receive no additional mailings or journal

Application for ADPCA Membership

Please send your information to Dave Muniak
 1612 Merl Avenue
 Cleveland, OH 44109-5647
 ADPCAmember@aol.com

Name : _____

Address : _____

Country : _____

Telephone : (_____) _____

FAX telephone : (_____) _____

Email address : _____

I am enclosing \$ _____ for:
 Regular Membership _____
 Co-Membership _____
 Student Membership _____
 Institutional Membership _____
 Journal Subscriptions Only _____
 (I do not wish to join the Association)
 Additional Contributions _____

TOTAL : \$ _____

If you live in Europe and have access to Eurocheques or UK Cheques, please make them payable to Allan Turner in Pounds Sterling. Regular memberships are £45, Student memberships are £17