

# RENAISSANCE

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

Volume 17, Number 4, Fall 2000



Fred Zimring

To: (The email Network)  
From: John Shlien  
Date: 8/22/00, 11:18 AM  
Re: Fred

Dear Friends,

Jane Zimring called a few minutes ago. Fred is gone, she said, and asked that you all be informed.

This was a deep love. She sounds calm, and has her friends, and family, all with her.

Around August 14, I phoned her to say that Fred's paper was distributed by Jere, and highly praised, and to please tell him how fine it was. She

said she would tell him, but wasn't sure that he would hear it.

This morning, she said that a day or two later, he spoke, saying, "Wasn't it nice of John to call". So she thinks, we like to think, that he heard the message. She said that he worked so hard, to try to finish that paper.

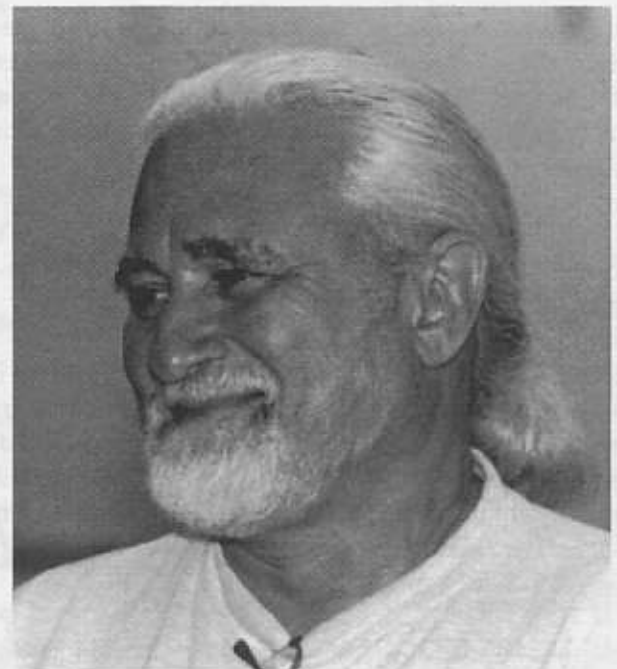
God bless.

[This message is published with the express permission of Jane Zimring. She has no doubt, is quite certain, that Fred heard the message, and knew that his final piece of work had been received and appreciated. In that, we can all take comfort. It gives full personal meaning to "Rest In Peace".] JMS

**Honoring 100 Years of Carl R. Rogers:  
His Life,  
Our Work,  
A Global Vision !**

**Saybrook Graduate School will host a symposium to honor Carl R. Rogers' 100th birthday, July 25<sup>th</sup> (Thursday) through July 28<sup>th</sup> (Sunday) 2002.**

[ See Page 19 ]



Alberto Segrera

## International Archives Can Now Be Found Via Internet

**Alberto Segrera** recently announced a major step towards completion of an international data base of research documents and articles pertaining to the Person Centered Approach which can be found on the Internet.

By going to <http://biblion.bib.uia.mx/aiecp>, all the references registered in the International Archives of the Person-Centered Approach can be accessed, in the following languages: Spanish, Portuguese, English, and preliminary versions of French and Italian. German, and Dutch resources are also in progress.

The references are in MS Word software, sorted in alphabetical order, by author. More references will be progressively included.

Alberto sends his thanks to all of the people who have contributed to this project, and he says that after you consult the archives he would greatly appreciate receiving feedback about them.

## An Appreciation of Fred Zimring

Nat Raskin

Fred Zimring was one of the brightest stars in the firmament of client-centered therapy. He was a world-class educator and practitioner, and was unexcelled at explaining the approach, challenging its assumptions, and suggesting new ways of looking at phenomena which most of us thought were settled.

Fred was born in Chicago in 1924, attending public elementary school and the University of Chicago high school. He was a student at the University when he entered the United States Army in 1943, and saw service in Iwo Jima. After being discharged, he returned to the University of Chicago, graduated from the Law School and passed the bar. He practiced law for a year, and decided to go back for a Ph.D. in General Psychology, granted in 1958. He then served as Dean of Students in the Division of Social Sciences for twelve years.

Fred got into psychology because of his general interest in personality and emotions and because he was interested in personal change; he was not functioning as well as he wished. He was skeptical at his first meeting with Carl Rogers, who seemed imprecise.

His attitude changed quickly at a demonstration where Rogers worked with a student acting as a client. In a few minutes of dialogue, some entirely new things emerged in the student's awareness. Fred was impressed no end by a process that seemed magical. Here was someone with a problem, who talks to someone who knows how to listen, and new thoughts and possibilities mysteriously occur. This inspired Fred to take courses at the Counseling Center and then to join its staff, as a student for five years and as a faculty member for twelve.

In 1971 Fred accepted a position at Case Western Reserve University in Cleveland, Ohio, as Clinical Director of the Psychology Department; he held this until the end of his life, receiving the Diekhoff award for excellence in graduate teaching in 1999.

Fred's teaching skills led him to be invited many times to work in Eastern and Western Europe and he was invited to Greece repeatedly where, in three to ten day "intensives," he "lectured, facilitated, understood, supported, refereed, shared jokes and lived with us ... smiling, laughing, poking fun at his own step-by-step way of teaching...he earned our profound respect and love." Fred



was generous in contributing scholarship money to allow students to attend the year 2000 annual meeting of ADPCA.

Fred co-authored the chapter on Carl Rogers and Client/Person-Centered Therapy for the American Psychological Association's 1992 commemorative volume on "The History of Psychotherapy, a Century of Change," edited by Donald K. Freedheim. He was co-editor, with Jerold Bozarth, of the *Person-Centered Journal*, from 1992 to 1994. In this role, he encouraged people to write, and helped them to get published.

The International Archives of the Person-Centered Approach, originated and managed by Alberto Segrera, lists 45 publications and talks by Fred beginning in 1958 which show the range of his contributions. He was interested in the process of experiencing and in the interaction between cognition and feeling and emotion — for example, cognitive processes as a cause of therapeutic change.

Fred stated that the main thrust of his professional activity was to understand why changes took place as a result of client-centered therapy and of empathy in particular, believing that Rogers' explanations of why changes occur seem to be "initial, tentative suggestions, rather than a finished product...I have gone on from Rogers' rather general self-theory explanations to more refined explanations drawn both from self theory and cognitive theory." In his last paper, dated March 15, 2000, he characteristically proposed a new framework to explain why therapeutic change occurs.

A generous, uniquely talented, fun-loving and lovable person, he is irreplaceable and will be sorely missed.

**PROGRAM :**

**Wednesday, January 17**

Registration ..... 5-7 PM  
Community Session ..... 7 PM

**Thursday, January 18**

The Paradigm of Person-Centeredness

Breakfast ..... 8 AM  
Community Session ..... 9 AM  
Lunch ..... 12 PM  
Presentations ..... 2 PM  
Supper ..... 6 PM  
Community Session ..... 8 PM

**Friday, January 19**

Resources for Families: Persons,  
Systems, & Techniques

Breakfast ..... 8 AM  
Community Session ..... 9 AM  
Lunch ..... 12 PM  
Presentations ..... 2 PM  
Cookout ..... 6 PM

**Saturday, January 20**

Professions and Ethics:  
Therapy & Education

Breakfast ..... 8 AM  
Community Session ..... 9 AM  
Lunch ..... 12 PM  
Presentations ..... 2 PM  
Supper ..... 6 PM  
Community Session ..... 8 PM

**Sunday, January 21**

Breakfast ..... 8 AM  
Community Session ..... 9 AM  
Adjournment ..... 12 PM

**Presentations**

Presentations will be offered by clinicians,  
educators and others who are interested in  
the principles of person-centeredness.

WARM SPRINGS 2001

**Location**

Warm Springs Rehabilitation Center  
Warm Springs, Georgia  
Facilities are rustic and participants will  
share rooms. There are bathroom  
facilities in each room

**January 17-21, 2001**

**Fees:**

Registration **\$175**  
Sliding scale fees for registration can be  
arranged on special request. Some  
scholarships are available.

Room  
(LIMITED ROOMS AVAILABLE)  
**\$160** / person / double room  
Meals available in the campus cafeteria.

**All fees are due by December 15, 2000**

<p>The Person-Centered Approach Warm Springs, Georgia January 17-21, 2001</p> <p><b>LIMITED ENROLLMENT -</b> Early registration is important because of the change in schedule from February to January.</p> <p>Name _____</p> <p>Address _____</p> <p>City, State, Zip _____</p> <p>Country _____</p>
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Make checks payable to:  
Person-Centered International

Mail application to:

Jerold D. Bozarth  
1160 Hunting Creek Ln  
Watkinsville, GA 30677

warmsprings01@yahoo.com, or  
Jerold Bozarth at jbozarth@negia.net



## The Person-Centered Workshop: Warm Springs, Georgia



by Jerold Bozarth

**T**he 15th annual person-centered workshop in Warm Springs, Georgia, will run from January 17th through the 21st, 2001. Some people have requested a description of these workshops, which have been held every year since 1987. Rather than attempt to offer a description of what it "is", the **following summary is from my book, Person-centered therapy: A revolutionary-paradigm.** This provides a bit of history, some of my perceptions of the events and the process throughout the years. This excerpt refers to the workshops through 1998. There have since been two more - in 1999 and 2000.

"One person was ready to leave and another wanted a refund of her registration fee. The concerned group met for the entire night, and the next day had changed their view to that of having had a very positive workshop experience."

Doug Bower and I have taken care of the nitty gritty the last few years. Doug attended the first meeting as a student in 1987 and has continued participation and involvement throughout his professional career. I think Doug, Dave Spahn and I have been the only participants who have attended every meeting. The essence of the program has, in my view, remained as that of extreme freedom - freedom to be who one is and wants to be, and freedom to struggle for the unknown.

### Some learnings from the Warm Springs Workshops

The first Person-Centered Workshop at Warm Springs, Georgia took place in 1987. Carl Rogers had died just a week before. The idea of an ongoing workshop was initiated at the first meeting of the Association for the Development of the Person-Centered Approach (ADPCA) in Chicago. The facilitators who were involved were: Barbara Brodley, Chuck Devonshire, Nat Raskin, Dave Spahn, Fred Zimring and myself.

These individuals were identified as staff on the brochure and had somewhat varying ideas of what it meant to facilitate a person-centered group. A core of students acquainted with person-centered principles from the University of Georgia was quite actively involved in creating the psychological environment of the workshop. Warm Springs is the name of the Georgia town in which the Little White House existed during the administration of President Franklin D. Roosevelt. Roosevelt spent much of the year at the center where he was close to treatment resources for polio. This historical site seems appropriate for the person-centered workshops.

Over the twelve meetings through 1998, there was a shift towards not

identifying staff or facilitators. This took place to the point that only my name was on the 1996, 1997 & 1998 brochures as the person to whom to send registration forms. Only Dave Spahn, Nat Raskin and myself who had been designated convenors of the 1987 workshop attended the 1997 and 1998 meetings. There were, however, other participants who had attended most of the workshops. The first seven workshops were held for four days while the 1995 and 1996 years were seven days. The 1997 workshop was changed from a seven-day workshop to a three-day workshop due to low enrollment in the first session. Attendance was always mobile and fluid. There were always some individuals who came for only a part of a day and some who came, left and returned. There has always been a structure on the brochure that included the community group, topic groups and small groups. However, the schedule was seldom adhered to in any structured way. The community meeting was the core site of scheduling. I will mention some of my observations about this experience. These observations are:

1. The event was in large part emergent. That is, there was virtually no planning and little conventional organization.
2. Although there were no designated facilitators, some individuals assumed that there were and, as well, identified other participants as facilitators. A few people assumed that the student coordinator and myself were the facilitators. Others assumed prominent individuals were the facilitators. That is, varying participants chose to perceive varying individuals as the designated facilitators (A point consistent with Stubbs' (1989) findings).
3. There were often statements at the end of the workshops that the experi-

*(Continued on page 5)*

(Continued from page 4)

ence had ' ... changed my life ... ' ;  
'...been an exceptional experience ... ' ;  
' ...will have a major impact on my  
life ... '

"I have reached the conclusion from the Warm Springs experience that designated facilitators, workshop format, or the presence or absence of particular individuals are of little relevance."

There were also some who complained that the group should have been different but who continued to come back year after year. About half of the participants never return for reasons which vary dramatically. In

addition, there were wide varieties of perception of the event itself from those who attended. After one workshop, I heard a range of explanations to others by participants that included:

- ' ... It was a big party ' ;
- ' ... It was group therapy ... ' ;
- ' ... great intellectual experience ... ' ;
- ' ... it was a family reunion. ... ' ;
- ' ... it was so terribly intense. ... '

4. I periodically thought that the 1994, 1995 and 1996 workshops verged on the edge of being laissez-faire. I personally became a bit concerned. Several times, only a couple of individuals of the community came for the scheduled community meetings. Yet, the community group at the end of the workshop was one that reflected cohesion and individual satisfaction.

5. Considerable dissatisfaction was expressed during the 1995 workshop when I did not go to one of the community meetings. It was reported that the group was leaderlessly walking the grounds looking for me. One person was ready to leave and

another wanted a refund of her registration fee. The concerned group met for the entire night and the next day had changed their view to that of having had a very positive workshop ex-

"... it is often in the struggle that they find freedom and growth."

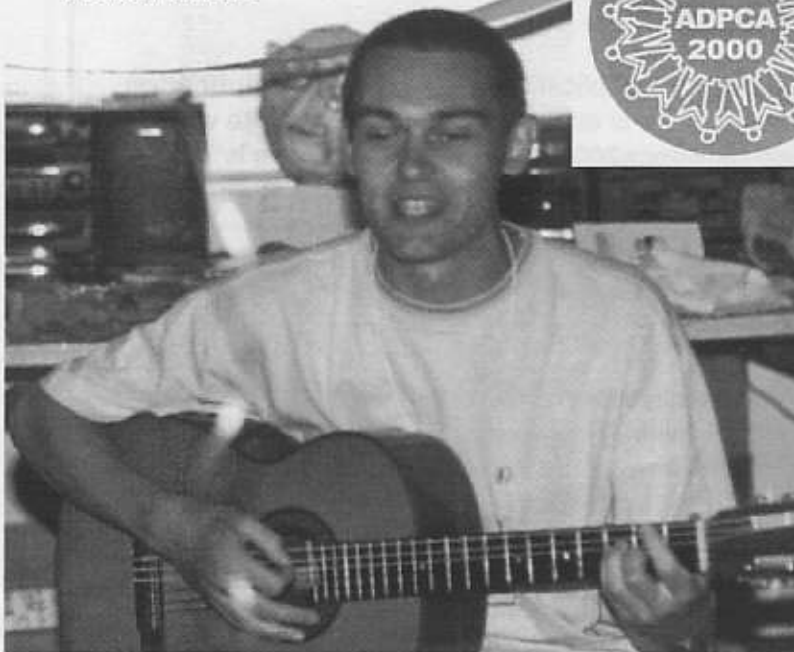
perience.

I have reached the conclusion from the Warm Springs experience that designated facilitators, workshop format, or the presence or absence of particular individuals are of little relevance. When people feel fundamentally free to be who they are at the moment, they move in constructive directions. And that it is often in the struggle that they find freedom and growth. The relevant question to ask might be: "How is that atmosphere created?"

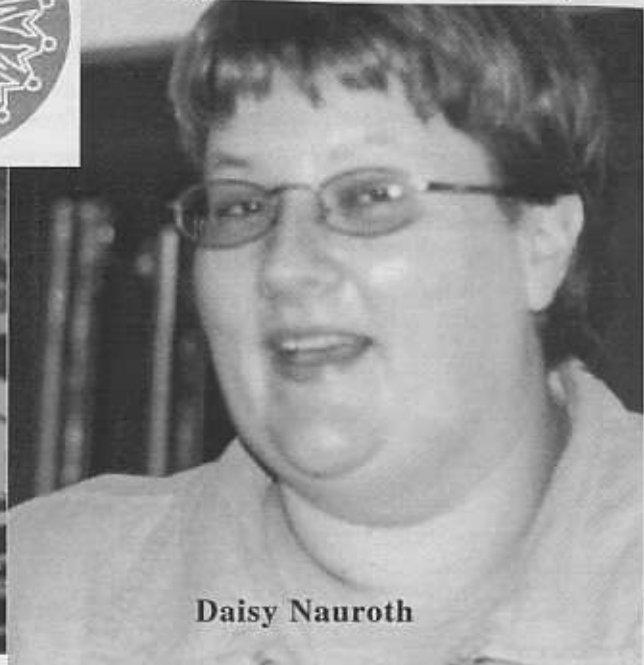
**CORRECTION**

[ Add to column 3 on page 5 ]  
"That the participants are free to be themselves"

**Tomas Sollar**



**Daisy Nauroth**



**ADPCA 2001 AT GMB NATIONAL COLLEGE  
MANCHESTER, UNITED KINGDOM. 30 MAY - 3 JUNE 2001**



For the first time, the ADPCA Annual Meeting is being held outside the USA. We hope that new participants will be encouraged to join us. In addition to Presentations, Development Workshops, and Counselling Practice Demonstrations, there will be opportunities for community meetings, small/large groups and spontaneous process led meetings:

Current intending participants include Godfrey Barrett-Lennard, Gerald Bauman, Barbara Brodley, Ivan Ellingham, Ned Gaylin, Joao Hipolito, Antonio Santos, Chuck Stuart, and Margaret Warner.

#### The Venue

GMB National College is a beautiful nineteenth-century listed building with Gothic arches and high beamed ceilings. It is situated 25 minutes from Manchester Airport and 10 minutes from the City Centre. Manchester itself is a good base for exploring the UK. London and Scotland are 2½ hours away by train and less than an hour by plane.

#### Conference Fees

Breakfast, lunch, evening meal and late-night sandwiches in the bar will be provided, together with morning and afternoon refreshments. Please give us clear details of any special requirements you may have. Lunch and morning/afternoon refreshments are included in the fee. Dinner is available for non-residential and day participants at a rate of GBP15 per day but must be booked in advance.

	Paid in full by 1.Feb.2001	Paid in full by 30.May.2001
Residential/single	£380	£410
Residential/sharing	£320	£350
Non residential	£220	£235
Day rate/lunch only	£65	£75

Approximate conversions. £1 = US\$1.50. £1 = € 1.60

All fees include a GBP10 donation to the bursary fund. Please deduct GBP10 if you do not want to contribute. Additional donations gratefully received.

A non-refundable deposit of GBP30 is required with the application. **A copy of the application form is enclosed with this issue of *Renaissance*** and is also available on the website which **Allan Turner** has set up: [www.counserve.co.uk/adpca2001](http://www.counserve.co.uk/adpca2001). Allan's email address is [adpca@allanturner.co.uk](mailto:adpca@allanturner.co.uk).

People without access to the internet can contact **Jill Jones**, ADPCA 2001, 16 William Jessop Court, Manchester M1 2NE, UK. Tel: 0161 272 8354 (Int. +44 161 272 8354).

#### Bursaries

The bursary fund is intended primarily to help people from groups previously underrepresented at ADPCA to attend the conference. If you are looking for bursary support, please send a letter with your application form by 1 November 2000. It is **possible** that rooms will be available with **local people** so if you would be interested in this arrangement or are able to offer a room please contact Teresa Kenny on 0161 881 8070 (Int + 44 161 881 8070)