

RENAISSANCE

Newsletter of the Association for the Development of the Person-Centered Approach, Inc. Volume 18, Number 2, Spring 2001

An *Informal* Dialogue:

Barbara Brodley Tests Her Understanding of Some of Jerold Bozarth's Writings:

[Barbara Temaner Brodley:]

Jerold, sometimes I wonder if you have developed a new therapy theory that is an offshoot of Carl Rogers' Client-Centered Therapy.

[Jerold Bozarth:]

No, Barbara, I think I am indwelling (Jere Moorman will love this word) the theory. I think other interpretations have misdirected it.

[Barbara:]

Tell me if I understand your thinking (or at least part of it).

(1) The client/person has a powerful motivational system to heal, develop, grow, expand, create and maintain organismic and psychological integration and wholeness/existence as much as possible under whatever the circumstances.

[Jerold:]

Yes, it is labeled the Actualizing Tendency, the foundation block of the theory — an

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**SOLD
OUT**

The first ADPCA Annual Meeting to be held outside of the USA is already a success, and it hasn't quite started yet.

All available tickets have been sold. If you are a person who decides at the last minute that you want to attend, you can TRY to get on the waiting list. People who have not yet paid are liable to have their place offered to somebody else!

But the deadline for requesting a refund has passed, so the list of people who are coming has pretty much been determined. You better plan NOW for Cleveland in August of 2002 !

Congratulation to the people who are hosting this year's event:

Allan Turner
Margaret Fetherston
David Tanner
Jill Jones
Teresa Kenny
and
Janet Tolan

Parental Therapeutic Intervention In Psychosis

Garry Prouty
Chicago Counseling Center

This vignette is not considered a full case report, nor as a theoretical statement. The purpose of this report is to highlight a very humanistic situation involving an English mother and her young psychotic son who was hospitalized receiving only traditional drug treatment of Stelazine (2mg. Daily). The intriguing point is that the mother herself did the therapeutic work.

The mother, a lay person, had read my book Theoretical Evolutions In Person-Centered / Experiential Therapy: Applications to Schizophrenic and Retarded Psychoses and had managed to teach herself the "technique". Her son, while hospitalized, went into a six-hour psychotic episode from which the mother claimed her work was "beneficial". Realizing I was dealing with a lay person, I wrote back asking what "beneficial" meant to her. Her non-technical answer was so "powerful" that I thought it should be shared, to illustrate the existential view of parents as compared to theories.

What does beneficial mean to me?

When I see James becoming less terrified without increased drugs.

When James becomes more able to talk to me.

When he is able to tell me what the voices are saying as they arise within him.

When he sleeps well, requiring no extra medication for twenty hours.

When I see a spark of life within his eyes.

When after so many years, he smiles to me.

When I see the rigid mask of his face lighten and become more expressive.

When I see him looking at me with eyes anew, as though we have been separated by donkeys' years.

When he cries "mummy" in the middle of the night as he hallucinates, and allows me to hold his hand during his fear.

When I hear him say what he does and doesn't want.

When James "lets me in", so I am able to give him more support.

Currently there is a bill before the English Parliament to allow her son to be treated at a Belgian hospital where Pre-Therapy is practiced. Another tribute to this mother.



Garry Prouty (Left) and Geoffrey Barrett-Lennard, Chicago 2000. photo submitted by Elizabeth Sarfaty

An APA Count of Rogerian Therapists

Perhaps attention has been called to the article on the theoretical orientations of clinical and counseling psychologists in *The Clinical Psychologist*, a publication of the Society of Clinical Psychology of Division 12 of the American Psychological Association. Based on a sampling of members of APA's Divisions 12 (Clinical) and 17 (Counseling), it reveals the tiny percentage of Rogerians in this population.

Twelve members of Division 12 and nineteen members of Division 17 identified themselves as Rogerian/Client-centered. This contrasted with 274 adherents of (Eclectic/Integrative), 242 (Cognitive), 114 (Behavioral) and 106 (Psychodynamic). Keeping company with Rogerians in the bottom rungs were the Existential, Gestalt, and Humanistic orientations.

We may be small but I believe remain uniquely important in our belief in the capacity of clients. I hope we take advantage of opportunities to make ourselves known by writing and speaking in general publications and conferences.

Nat Raskin

IV PERSON CENTERED APPROACH BRAZILIAN FORUM

Building the PCA we wish for

Cocalzinho/GO-Brasília/DF-Brazil

DATE: From October 28, to November 3, 2001.

PLACE: Cabana dos Pirineus-BR-114, Km 15, Cocalzinho/GO

Telephone Number: (62) 331-1345

SITE: <http://www.cabanadospirineus.com.br>

SHUTTLE SERVICE: The hotel is located at 118 Km from Brasilia, in the city of Cocalzinho (GO), at 32 Km from the city of Pirenópolis. To those people who wish to go to the hotel by car, it is advised to contact the committee or the hotel for further information. To the others, the shuttle service will be provided.

REPORTS: To participate in the meeting, people do not have to present reports. For those who wish to present reports related to PCA (studies or theoretic productions, researches, projects, art productions, experiences) should send a copy up to September, 28, 2001, preferably through e-mail: cphb@zaz.com.br or in a diskette or in CD-ROM to the Organization Committee Headquarters.

Contact us for prices and accommodation information. Send your registration application along with a copy of the bank deposit receipt (total or first installment) to the Committee headquarters through mail (preferably registered) or by fax (61) 366-1139.

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Jin Wu and her lovely young sister

Photo taken during the "Diversity Workshop" of CHICAGO, following the Conference submitted by Martine-Margarite Leonard

Photo taken at the end of the final dinner for CHICAGO 2000 with Mukti Khanna and Muna Masooma Afsha ("the beautiful two flowers" !) submitted by Martine-Margarite Leonard



Carol Wolter- Gustafson and Colin Lago dancing at the party of the last day at CHICAGO 2000 Photo submitted by Martine-Margarite Leonard



Lewis Gover and Elizabeth Sarfaty at the Diversity meeting in Hebron, CT photo submitted by Elizabeth Sarfaty

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

CONGRATULATIONS to the Committee in charge of this year's Annual Meeting.

**Margaret
Fetherston**

David Tanner

Jill Jones

**Teresa
Kenny**



Janet Tolan

Allan Turner

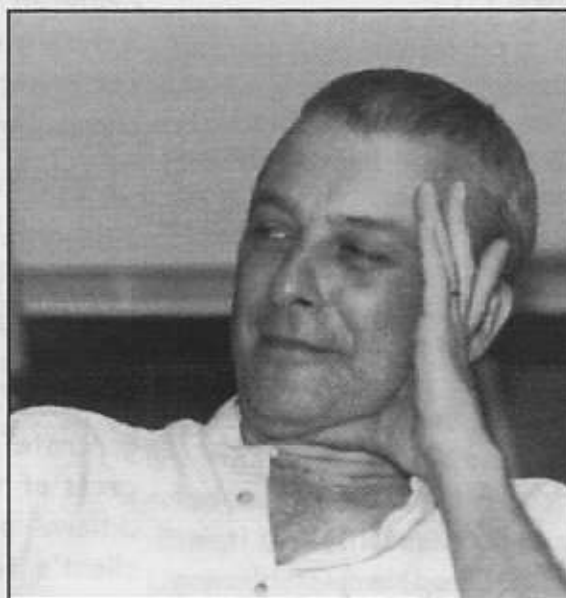
PCCS BOOKS

Last year Renaissance included a catalog of Person-Centered books from Pete Sanders's publishing company, PCCS Books.

I hope we do that again sometime soon, but remember that right now you can order these books from the Internet if you (or a friend) have access to a computer.

Point your browser to:

www.pccs-books.co.uk



Pete Sanders

(Continued from page 1)

assumption that fosters maximum trust in the individual's self-determination and self-authority.

[Barbara:]

(2) The experience of acceptance (Unconditional Positive Regard) is a highly positive psychological condition for all human beings.

[Jerold:]

More than that...It is the curative factor in Client-Centered Therapy. It can be no other way given Rogers' 'theory of pathology'. It is more complex than that since the therapist conditions are so highly integral and overlap each other. I think that at a meta-level, they are one condition....

[Barbara:]

(3) A good therapy will involve the therapist in developing a high level capability for offering UPR to many different individuals and a versatility in methods/ways of relating to clients so that there is a high probability of a client experiencing a consistent UPR when in relation to that therapist.

[Jerold:]

This doesn't quite match.... but close ...more specifically, it involves the therapist having 'high' Unconditional Positive Self Regard in the therapeutic relationship.

[Barbara:]

(4) Empathy, as an experience of being understood and accepted, is often a package that the client experiences - with the emphasis on the accepted (UPR) aspect. This happens when the therapist has experienced some kind of acceptant and empathic connection with the client through his/her attempt to enter into the client's world and follow the client as the client relates to the therapist, and/or, perhaps, engages in other behaviors that the therapist can observe.

[Jerold:]

I keep reading this one...I find Rogers somewhat confusing on this in 1959 since he refers to empathy as the purist way to communicate UPR; and another place as the *only* way to communicate UPR....I can't find these references at the moment.

To this point, I believe that I am grounded in the Client-Centered theory of 1959, which I think is still the formal theory statement of Rogers, never changed by him....

I begin to be less firmly tied to the theory here because I think the empathic experience and UPR are one. The empathic experience and empathic actions generate from receiving all aspects of the client with unconditional positive regard. The client's feelings, thoughts, experiences and frame of reference of the moment are accepted with this condition....It

is then that the therapist begets the experience of the client's frame of reference -- what is the world like to the particular client? what is the client's momentary experiences? I am developing this at the moment so I am a bit tentative, but it sounds right for me to say: 'It is listening with the purity of UPR that the therapist begets an experience of the client's momentary frame of reference' -- perhaps even an understanding of the broader frame of reference.....

[Barbara:]

(5) The therapist experiencing acceptant empathic understanding (as a consequence of attending fully to the client and to the client's attempts to communicate to the therapist)

[Jerold:]

Listening with Unconditional Positive Regard.

[Barbara:]

and the therapist making "testing responses" as Rogers suggested they be called, or "empathic understanding responses", as they have been called for awhile- plus other following responses - is often a desirable method of interacting with self-disclosing, expressive clients who are able and willing to relate to the therapist.

[Jerold:]

It is in here somewhere that I disagree with you and others.... about the theory!! I do not