

RENAISSANCE

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



Volume 21, Fall 2004

Barry Grant and Jeff Cornelius-White Begin as Editors of Person-Centered Journal

This past June, for personal reasons I submitted my resignation as Editor-In-Chief to the Board of the Person-Centered Journal, effective December 31, 2003. This was not an easy decision. I have enjoyed the role immensely and have felt honored to be given the chance to serve in this capacity. The community at our Annual Meeting in Albee was not able to find a successor. A search committee was formed, and they have reported to me that Barry Grant was recruited to fill-in until the next Annual Meeting as Acting Editor-in-Chief (hopefully to continue as the elected Editor afterward). Jeff Cornelius-White has agreed to be Managing Editor.

Editing The Person-Centered Journal has been a very rewarding experience! The Editor has final responsibility for all aspects of the journal, especially including oversight of our Person-Centered open review process. I wish to thank Jo Cohen for the extensive training she provided at the beginning of my term, my Managing Editor, Wade Hannon, all of the Associate Editors and reviewers who put in many hours helping authors, and the many authors who contributed original work to realize our goal of further developing the Person-Centered Approach.

Please send Barry articles to keep the journal successful! Please volunteer to be a reviewer! Our e-mail address will remain the same:
PersonCenteredJournal@Yahoo.Com
or email bgrant@runbox.com

I wish Barry and Jeff a successful and fulfilling term!

Jon Rose

I have agreed to take over editorship of the PCJ. I think there will be a formal decision made in Alaska, so I should be considered Acting Editor.

Jon Rose has completed his last issue of the Journal. Jeff Cornelius-White will take over as Managing Editor. Wade Hannon will become an Associate Editor.

I have just begun the process of finding my feet with the journal. If you are interested in reviewing articles or want to submit articles, PLEASE get in touch with me. Cheers!

Barry Grant

A sincere thank you to outgoing Renaissance proofreader Jeff Cornelius-White. Jeff has contributed two years of thoughtful, thorough and professional assistance to the Renaissance.

I am an assistant professor of psychology and counseling at Texas A&M International University, on the border of Mexico in Laredo, Texas. I trained at the Chicago Counseling and Psychotherapy Center and the Pre-Therapy Institute (with Garry Prouty) between 1995-1998. You might know me from my attendance at Chicago World Association 2000, Warm Springs the last 3 years, Cleveland ADPCA, and Netherlands World Association 2003.

I have written about the intersections of the person-centered approach and multicultural issues, feminism, licensure, empirically supported relationships, and education. I have several projects going currently, but my biggest passion is my meta-analysis of person-centered educational research. I bike, practice yoga daily, and enjoy nutritional information. I am married to Cecily who is pregnant with our first child. I have a strong desire to accept and change the world to be a more kind, cooperative, and environmentally sound place.

Though Barry Grant and I have separate duties, please contact me about anything concerning journal if you have the want or need. Take care,

Jeff Cornelius-White

Janice Neumann is the new proofreader. Janice is a freelance writer and editor who lives in Chicago.

Notice: This is the last "print" copy of the Renaissance. This will become an electronic publication.

Commencement

Kevin Kukoleck opened the meeting at 2:50 p.m. Bruce Allen asked Kevin to chair the meeting. Kevin declined on the grounds that Bruce was the Host. Kathy Moon said the distinction didn't really matter. The issue of who should officially chair was placed on the agenda for further clarification.

Creation of Agenda Items

Amanda Lowe requested that the Renaissance newsletter be added to the agenda. Laura and Carol Wolter-Gustafson confirmed their venue for the 2005 ADPCA conference in England, though at this time we do not have a host or a location for the 2006 ADPCA conference. Margaret Warner suggested that the general organizational questions raised by Carol and Jeff Cornelius-White (on the e-mail network) be added to the agenda. Jon Rose requested a membership report and a treasury report with special attention to the Journal budget. The Website and credit card issues were also added to the agenda. Alberto Segrera suggested first identifying what had already been done (the current status of above-mentioned areas). Bruce agreed with Alberto that it would be better to first report on current situations before proceeding to action ideas. Alberto added that we could later project what we want for the future and how to achieve it.

Treasurer's Report

The Treasurer's Report was distributed in the form of a handout (attached).

Dan McNeal emphasized that we are "entirely dependent" on Annual Meetings to make up the financial difference between income from membership dues and expenses. We had shortfalls (deficits) at our Annual Meetings for 2002 and 2004, though in 2000 and 2001 we had "extraordinary returns" from the two very large meetings held during that period. There were suggestions that we increase our membership dues and the number of dues notices sent out. Historically, we have been lenient about terminating membership when dues were not paid. Membership dues are officially set at \$65.00 annually, but our members actually pay an average of only \$20.00 annually.

Lisbeth Somerbeck cited CCT/PCA having similar problems with memberships not being paid. She wondered if we could replicate Susan Pildes' "general level of harassment" toward delinquent ADPCA members to get them to pay. Susan reported that CCT/PCA was "in the black". Alberto explained what the CCT/PCA network is and clarified Lisbeth's suggestion (above). Bruce said that a lot of money wasn't coming in for structural reasons, such as scholarships (which we do not wish to withdraw). Other members, however, are able to pay, but do not. Alan disagreed that scholarship and non-paying members were not a drain.

The last cut-off date for payment was officially July 14th, 2002.

An estimated 51.2% of our residents reside outside the United States. We have about 30 or 40 members in Hungary and Croatia who cannot afford to pay the dues.

Jeff asked if the group would return to the issue later, at which point members could offer more solutions/suggestions.

Dan suggested that some members might be unresponsive because they were not really interested in continuing their memberships. Jon reminded the group that he used to have an automated system, so it was unclear why members were not receiving reminders. Alberto pointed out that the group was mixing treasury issues with membership issues. Ferd asked how much income was needed to break even annually. Dan replied the figure was not yet known.

Dan continued to elaborate on travel expenses, which were not clear on the handout (see attached Treasurer's report). There was no on-site housing in Albi, so Dan's own travel expenses were unclear. Bruce estimated that between \$1,000.00 and \$2,000.00 had been spent so far on this year's conference. He said that we should have been able to travel for approximately \$400.00, but most people were unable to find such an affordable fare out of the Chicago area. Susan asked if people would pay once they were notified, providing they had a way to make payment.

Dave said that he got "more than [he] bargained for" when he took over the membership. He has encountered a lot of questions beyond the scope of the mailing list, such as how long members may be delinquent before losing their memberships. Alberto said Dave's responsibilities were not clearly defined.

Dan said that most of the Journal expense is postage – for example, it takes L 5 to mail a BAPCA Journal. Jeff said that switching banks would effectively "solve" our credit card problems. Turner reminded the group about a paypal account set up to take credit cards. Alan

pointed out that many people "don't trust" paypal, although he believed that having it available would probably help.

It was reported that ten years ago, we put out four issues of the Journal annually. Carol wondered how much it would cost to put out four annual issues of the Journal. Dan estimated \$17,000.00 annually to publish and send out quarterly issues. Dan also mentioned that the cost of publishing the Renaissance had increased recently in part due to union printers' rates. Carol also raised the issue of Renaissance length, which was discussed in the Business Meeting at Albi (see Albi meeting minutes, forthcoming in Paul Blanchard's Renaissance issue).

Carol said that the current financial estimate for publishing the Renaissance was based on a 30-page issue. We spent very little in 2004; with only one issue being published so far this year.

Tanya Komleva had checked her e-mail immediately before this business meeting and received a report from Albi that showed a loss of \$720.00 (covered by seed money). Alberto stated that two payments remained outstanding, which would bring said loss down to \$150.00. Bruce wondered why it took Sebastian an entire year to receive this information. However, Dan explained that credit cards were not charged until last winter.

Dan also said he must currently pay \$120.00 in bank fees for our account (Shore Bank). But he said that LaSalle Bank in Chicago would handle our credit card for a nominal fee (\$2 to \$3), providing Dan passed their credit check. We will not be able to accrue interest on this new account, though we will receive a \$100.00 bonus for switching banks.

Kathy mentioned a letter from Renaissance co-editor Jin Wu (not present) requesting reimbursement for Microsoft Publisher. This request was added to the agenda.

Alberto wanted to table the approval of reports until later.

Wade Hannon moved to accept the Treasurer's Report, specifically the first two pages, which are the income statement and the balance sheet (attached). Wade's motion was unanimously accepted.

Membership Report3

Dave said we discussed the membership issues on the table. It was noted that our membership has been constant, though Jon wanted to know why Dave hadn't terminated some people. Jeff reiterated that Dave hadn't agreed to take on all the responsibilities that have developed in his job. Jeff also clarified that our primary issue is the retrieval of dues. Dave went on to describe his original understanding of his role. Jeff wondered about his experience of people calling to ask questions beyond his scope of knowledge. Dave said when he was departing for this conference; he got an e-mail from Argosy University, which he did not know how to answer. Ferd said that this seemed like a very important agenda item. The question was raised about which contact information (Dave's address, or the p.o. box) appeared on the Renaissance newsletter.

Julia summarized what the previous speakers had been saying and asked Kathy to emphasize this issue on the flip-chart agenda. Alberto called this redefining responsibilities and said the group needed to be very careful for legal reasons. Though the membership approved this statement, Julia said we were going about this meeting too casually and not always being respectful to others. Bruce clarified that Julia was in fact requesting a majority vote with input from all voices. No objections were raised.

2003 Report

Carol asked if the minutes from Albi should be anticipated, but they must first be received by group members of Paul Blanchard's Renaissance issue. Members agreed they could not approve the Albi minutes because they were not yet available for group review. Wade made a motion to table this approval to the 2005 meeting. This motion was seconded by Kevin, at which point Julia expressed confusion about whether Bruce or Kevin was chairing the meeting. Wade's motion was unanimously accepted by the group, which then moved on.

Newsletter Report

Amanda Lowe gave a report about the Renaissance newsletter. She has had trouble producing it on time, though Co-Editor Jin Wu remained optimistic that future issues would be published and distributed according to schedule. Jeff was unable to continue as proofreader, but Amanda had a volunteer willing to do proofreading. Amanda was unwilling to continue as Co-Editor, but would consider continuing as Editor. Ferd raised the issue of former Editor Paul Blanchard's participation, which Amanda reported had been helpful. Amanda remained, however, frustrated with the process. Jeff reported on Paul's contribution as guest editor for a single issue. He said he was frustrated with the present editorial group and the process. Carol added that she had categorized e-mail messages over the ADPCA listserv, especially those sent by Ferd, and that many were Renaissance-related. Alberto then raised the following issues: 1) timelines, 2) computer, 3) printing, 4) mailing, 5) printing and 6) postage.

Carol recommended that the Renaissance be kept to five pages per issue, based on the decision(s) made at Albi. Julia reminded the group that they were "just reporting", and Margaret checked whether Jeff was keeping

track of the issues being reported. One member did mention a preference for the hard copy Renaissance (as opposed to electronic) and for the larger issue including conference photographs (see 30pp, above). Jeff clarified that the decision in Albi actually was to make the Renaissance one to two pages of text.

Kathy Moon has translated the French minutes, which were included in Paul Blanchard's issue of the Renaissance.

The group accepted Amanda's Renaissance report.

Journal Report

Jeff, Managing Editor, and the new Journal Editor reported on the Journal. They said that this year's issue was almost ready to distribute. The Editor repeated his earlier question about the budget; specifically, how much was allocated for the Journal and how could he access it. Dan said there was only a budget for Journal production, which had historically been reimbursed directly to the printer. According to Jeff, the Journal was low on submissions and he has made some attempts to solicit articles. He also intends to advertise and wondered if the Renaissance should continue doing so for free. The Editor stated that he had been unaware (until this meeting) that the membership had a particular opinion on the number of Journals, which should be published annually. Alberto commented on the Journal and the need to have a fixed number of issues per volume and number of pages per issue. Dan asked about the number of submissions and if there were enough for two issues. Barry said "no". Then, Dan asked Jon Rose about the number of previous submissions and if there were enough for two previous ones. Jon said "no" and that he supported having only one issue per year. Alberto discussed his experiences being the Editor of a journal and the need to solicit submissions from writers worldwide. He also said that for ADPCA members unable to attend the annual meeting, the Journal is the "most precious" part of being a member. Lisbeth asked about the impact of the World Association's Journal. Jeff commented about the process of soliciting and producing the Journal. Allen Turner reported that he had heard that. Ferd moved to approve the Journal report. Julia seconded Ferd's motion, and the report was approved.

Bruce asked about the 2005 and 2006 meetings. Ferd then asked about the number of copies of the Journal, and library subscriptions.

Website Report

Allen Turner reported that three years ago he had wanted to give up coordinating the Website. He said that if anyone would like to take it over, he would be happy to transfer the responsibility to them. Bruce pointed out that this issue was very controversial and asked who would take over the Website. Kathy then called attention to all of Allen's hard work and expressed her gratitude, at which point the meeting broke into applause. Allen said he still wanted to hand it over to someone else, but was willing to continue if no one else wanted the responsibility. But he said he really didn't have the time to be thorough. Carol then added her appreciation to Kathy for Allen's creation of a "public face to the world". Ferd emphasized the worthwhile nature of the development aspect. Ferd wondered if Allen needed volunteers to help with e-mail responses, but Allen said it wasn't really necessary. Kathy said that there had been a lack of clarity about volunteer help and she thought Allen wanted to do it himself because too many helpers created a lack of clarity. Kathy said that she herself did not wish to volunteer because of her fear of criticism, sense of being "jumped on" publicly and unwillingness to "take flak." Allen said that he could, in fact, do it less publicly, but didn't feel that would be right. Dan said that he had responded privately, but this turned out to be a mistake because he received conflicting responses back from other private individuals. Kathy pointed out that we need a high tech person to deal with the website. At that point, someone asked if this was a Website report. The group agreed it was a Website report. Bruce moved for the report's approval, which was unanimous.

2005 Report

Regarding the 2005 Conference; 200 spots are currently being held at the University of Warwick in England. The cost is L 350.00 per person if paid before March 31, 2005. The U.S. equivalent is about \$625.00 - \$650.00. This price includes everything (meals, room, registration). The Conference dates are July 27th through 31st, 2005.

The organizers have not yet paid anything to the University, but they must confirm 150 spots within the next three months. Susan explained that this meant that 150 participants must confirm. They recommend extra money for tourist activities in the area. Lisbeth said the group's respect for its chair was "horrible." The question was raised about whether more than 150 people were in attendance in Manchester, which was confirmed - 185 people attended. Lisbeth expressed concern about the 150-person minimum. The organizers also estimated a maximum of 220 attendees. Susan asked whether people from BAPCA would be coming. The organizers did expect attendees from BAPCA, but this won't serve as a joint meeting of the two associations. Ferd moved to formally authorize 150 attendees, meaning that we would pay even if that minimum number did not attend. Margaret

said this number of persons would undoubtedly attend.

Bruce wanted to clarify whether Ferd was proposing a \$65,000.00 commitment. Julia said that it was very dangerous to say we could make that kind of financial commitment. She then referred to our practice of giving the upcoming conference committee \$15,000.00 seed money, stating we could not afford a \$65,000.00 commitment. Allen reminded the group that six individuals had made this level of commitment in Manchester, Ferd said that his motion was intended to address this issue. Julia agreed that it would be more appropriate to guarantee funding on a personal level. Then Kevin said to Julia "but it happened in Cleveland," referring to the financial deficit from that conference.

Then someone brought up the issue of terrorism and concerns about the current United States government impeding travel. Bruce gave the floor to Bert Rice, who said Ferd's motion should have been struck down as out of order, but in fact Bruce never moved on that motion (see above).

Kevin repeated again that it had happened in Cleveland and that a week prior to the Cleveland meeting there were only 42 registrants. He said "this group is horrible about getting registration in on time" and that we haven't always met expectations for attendance in the past. Julia agreed and cited a deficit in Tampa of \$6,000.00. Julia went on to say that she sees this as symptomatic of a global issue. The British hosts said that they intended for participants to e-mail Ian Carty and that they were ready immediately to take registration and deposits of \$50.00. Their meeting will take place near Stratford-On-Avon and Warwick Castle. Margaret cautioned the group not to wait until the last minute because she said she thought spaces would fill up quickly.

Alberto said that there would not be an International Conference in 2005; instead it would meet near Berlin in 2006. There will also be a conference on Majorca. Lisbeth wanted to ask Allen if there had been "competition" for Manchester.

Wade wanted to know the location of the British meeting more precisely, and was told that the nearest airport would be Birmingham.

The hosts said the \$50.00 deposits were preferable in cash because of conversion, according to Jeff. The hosts only had seven or eight registration forms and needed to make photocopies. They also displayed a poster at this meeting's registration desk. Carol volunteered to help get copies made so that registration forms can be distributed. Margaret made the first deposit, and Bruce attempted to make the second, but was reminded that the hosts could not accept personal checks. The hosts also reminded the group that the completed registration forms must include their names. Host Carol said that they would be opening a bank account called ADPCA 2005, so that money could be wired.

Adjournment

Wade then motioned to adjourn the meeting, but Carol objected due to the credit card question. Jon continued to recommend paypal, but as a general account only. Bert then moved to accept the 2005 report, which was unanimously accepted. Carol expressed appreciation that conference information was ready a year in advance for the first time, to which Kevin strongly objected and used the "F" word. Carol then crawled to Kevin and begged his forgiveness. Carol repeated her (modified) thank you to Laura and Carol. Kevin also thanked the British hosts.

Alberto revealed the agenda for Part II of this business meeting. Part II of this meeting will include the brochure, the budget, and other organizational questions related to responsibilities and empowerment.

Jeff said the amount of time allocated for the business meeting was insufficient and that a third meeting would probably be needed. Julia agreed with Jeff because she saw this as a "do or die" situation. She suggested using Community Meeting time for a third business meeting. Bruce suggested a breakfast meeting or sacrificing the Native Heritage Center trip, but Julia rejected both of these suggestions. Finally a suggestion was made for 8:00 p.m. tomorrow, which Kathy said was a "large decision." Alberto then motioned to continue the Business Meeting as an alternative to the Community Meeting on Friday evening from 8:00 to 11:00 p.m. Wade seconded this motion. Kathy continued to discuss having it at the time of the Native Alaskan Heritage Center visit, but Ferd said that he wanted to go to the Center, and Wade concurred. Kevin also stated that he thought it should be in the Community Meeting, but Lisbeth said it

might be a waste of time to have it then. Julia agreed with Lisbeth's concern, but went on to say that she agreed with both Kathy and Alberto and that if it had to be held during the Alaska Native visit, then "so be it." Ferd responded that he thought having a "Future of ADPCA" discussion at the Community Meeting would be good if it were a discussion, rather than a Business Meeting. Alberto agreed it should be attempted during the Community Meeting and if it didn't work, a Business Meeting could be scheduled. Jon said he thought tomorrow at 8 p.m. should be a back-up plan. Kathy said she supported discussing the future of the ADPCA in the Community Meeting.

Several people then spoke at the same time, which was confusing. Bert asked for clarification and Alberto withdrew his motion. Then Bert asked if we wanted to continue. Jon made a motion for "what Alberto said." Carol raised a point that was difficult to discern because so many people were talking over one another. Jon moved to continue Alberto's prior (withdrawn) motion until Saturday and to discuss it at the Community Meeting tonight, in addition to tomorrow at 8:00 p.m. if necessary. Alberto seconded Jon's motion, which had originally been his own motion.

Several people again spoke up at once, at which point Bruce expressed concern about the process. Julia brought up some issues which Bruce felt could not be solved using Robert's Rules of Order. However, Julia insisted that our process was sloppy and that we didn't respect what we had. Alberto expressed a wish for clarity. Julia moved to make an amendment to change the last [illegible] to after small group. The written notes seem to suggest that Kathy seconded this amendment. Bert requested clarification of the amendment, which was subsequently passed.

Part I of the Business Meeting adjourned at approximately 6 pm.

Parts II and III of the Business Meeting minutes will be featured Spring 2005.

2005 CONFERENCE WARWICK UNIVERSITY, ENGLAND, UK 27th - 31st JULY 2005
For the first time since Manchester the ADPCA annual conference returns to the UK. The annual conference, open to members and non-members, has become an event where those involved and interested in the approach can meet; sharing and experiencing the opportunity to be involved in a variety of presentations, groups and meetings. Alongside timetabled events there will be opportunity for community meetings and spontaneous experiential and process-led groups. Within the four-day programme the annual ADPCA AGM will be held as usual. **VENUE** - Warwick University is just outside the beautiful historic town of Warwick, which boasts one of Britain's finest Medieval castles set in quintessentially English countryside. Just down the road is Stratford upon Avon, birthplace to William Shakespeare. For further information, these websites may be of use: <http://www.warwick-uk.co.uk/history.asp> <http://www.stratford-upon-avon.co.uk/>. Warwick is within easy reach of all the major English airports and benefits from excellent road and rail links to all of the UK. **ACCOMODATIONS** - The comfortable and well-furnished rooms for the conference are on campus. Meals are provided on campus, inclusive in the cost of accommodation. To view venue, rooms and facilities, visit www.conferences.warwick.ac.uk.

RATES/CONFERENCE COSTS - £350.00 if booked before 31/3/05; £400.00 if booked after 31/3/05. **DAILY RATE** - Daily Rate £80.

BOOKING - If you wish to book a place now please send your booking by email. Contact :- Carol Colclough - Tudor Cottage, 76 High Street, Dorchester Upon Thames, Oxfordshire OX10 7HP, United Kingdom.

Email - carol@personcentredresources.co.uk

Person-centered therapy with impoverished, neglected, and maltreated children
and youth in Brazil

Dear Person-centered friends,

I would like to present to you a brief report of a program that provides person-centered therapy for impoverished, neglected, and maltreated children and youth in Brazil. This program is supported by a private person-centered institute, named Instituto Delphos, and staffed by volunteer therapists. It was first launched at a residential facility, which is operated for the care of children and adolescents who have been committed to the institution under applicable law, due to abandonment, neglect, abuse or death of their parents or guardians. The positive outcomes achieved at this residential institution led to the extension of the program to two other nonresidential facilities, which provide community day programs (including handicrafts, music, sports and educational activities) for poor inner city children and youth.

The volunteer therapists working in this program are students and supervisors of Delphos' person-centered training program. By our request, all of the facilities provided rooms for the therapy sessions, which the therapists themselves converted into play-therapy settings -- donating toys, games, cushions, inks, brushes and whatever else was necessary. The program started, in 2002, with four volunteers and reached fourteen in 2003. More than seventy children and adolescents of these three institutions have been attended since then.

Before the program was launched at the residential facility, we had thought that group therapy would be better than individual therapy, since the former would reach a larger number of children and youth. Soon, however, it was realized that what these children and adolescents required most was individualized attention and a private space-time of their own, since they live in a group situation twenty-four hours a day. They do everything in groups: they eat in groups, they go to school in groups, they sleep in groups, and so forth. Therefore we decided that an individual therapeutic setting would be of great help. At the very least, it would provide an experience of "privateness". Six months after the beginning of the program, the first outcomes were so successful that the same model of individual therapy was then applied to children and youth of the two non-residential facilities.

The non-directivity of person-centered therapy produced a strong impact at the very beginning of the program. The children and youth were accustomed to being interrogated by a

multitude of professionals – psychologists, social workers, educators, directors of the institutions and so forth. They were so accustomed to answering questions that the non-directive climate of the therapeutic relationship surprised them.

For example, Jane, a thirteen years old girl, said to her therapist in her first session:

“I do not know what to talk... I have nothing to talk about (...) there were so many psychologists with whom I talked, so I have already talked a lot with them, but then I was quiet and they made questions to me...They asked a lot of things that they wanted to know. Now it's just me who has to talk... so, what am I supposed to do? I have nothing to talk about.”

However, despite this puzzled initial response to the therapist's non-directive attitude, Jane talked a great deal during the whole session, freeing painful and profound feelings, sharing them with the therapist, without the therapist's directing a single question to her. The only therapist's utterances were empathic understanding responses.

The puzzled initial reaction to the non-directive person-centered interaction suggests that these children and youth were not used to being allowed to experience autonomy and self-determination, that is, they were not accustomed to experience their personal power within a relationship. But they soon came to realize that the relationship with the therapists of this program was unique, quite distinct from anything they had experienced before. For instance, Carlos, a child sheltered in the residential institution, when saw his therapist in front of the dining hall, while they waited for the door to be opened for lunch, asked her:

- “Tia [‘tia’ is the affectionate way children in Brazil address adults], this counseling is different, isn't it? We do not have to remain answering questions because the ‘tia’ does not ask questions of us. We talk whenever we want. If we do not want to talk, we can just play. It's we who choose what to do.”

When the therapist agreed with him, Carlos turned to another boy next to him and said: - “You see? I told you!”

Not surprisingly, after the program was running for a few weeks, many children and adolescents came on their own initiative to the therapists asking for therapy. This showed that the space-time of therapy and the therapeutic relationship were of great value to them. The following client's utterances illustrate their appreciation:

- “I'm so happy that now I have someone who listens me.”

- "It's so good that I can talk about these things with someone. That relieves me..."

"I would like you to attend my friends too. It's so good here!"

The outcomes of this person-centered program have been generally quite successful since the beginning. Interviews with the educators and coordinators of the institutions showed that the children and adolescents who received therapy generally achieved:

Significant improvement in interpersonal relationships, with more positive attitudes towards others (peers, family and institution's staff).

Better achievement at school;

Improvement in mood and emotional functioning, encompassing the accomplishment of a greater and more constant well-being.

One particular outcome may also illustrate the success of the program. A good example is presented by a six-year-old boy who was attended at a nonresidential facility. He used to be seen by the institution's staff as troublesome, agitated and aggressive, with difficulties of relating with peers and teachers. After beginning therapy, he became calmer and more sociable, engaging in constructive interactions with others. Furthermore, his change triggered positive changes in his family too. He would live with his mother and four siblings in conditions of extreme privation and poverty. His mother would be rather neglectful about herself and her children, as if she had simply "given up" to take care of her and their lives. They would live in complete dirtiness, with no hygienic care at all. The institution's staff had described their home as a "garbage can". Following the positive changes in his son's behavior, the mother came to his therapist asking for psychological help too. She started therapy and soon her behavior also changed quite positively. The institution's staff described her as "another woman" after she started therapy -- actively engaged in taking care of herself, children and house. The change in her appearance was quite impressive: from a dirty woman with tattered clothing and disheveled hair to a "good-looking woman, clean, and well dressed".

The very positive outcomes of this program impelled the therapists to expand it so that a greater number of other person-centered therapists might engage in this volunteer enterprise. As a result, in 2003, a non-governmental organization, named "Person-centered Friends" (Amigos Centrados na Pessoa - ACEP), was created with the goal of providing person-centered therapy to impoverished, neglected and maltreated children and youth.

When I commented about this project in the cctpca e-mail list last year, I received an e-mail from Jill Jones saying that if she lived here she would like to be involved in this project and therefore she offered some financial donation. Her offer was quite encouraging and supportive to all of us. We actually have been facing an obstacle in continuing our work in the residential facility. This institution is located in the countryside and the therapists take two hours by car to get there, with half an hour being on a small unsurfaced road full of curves. It is a rather dangerous road and one of the volunteer therapist crashed her car on her first visit to the institution. Fortunately she wasn't hurt, but she is still frightened to drive there again alone. There are many person-centered therapists and training students who would like to volunteer to work there, but they can't because of the distance. Many don't have car and many cannot afford the cost of gas (to go every week). Therefore, it is indeed our goal to have enough resources to pay for some transportation to take the therapists there once a week. This would ensure that our project would keep working for a long time, providing person-centered relationships for these institutionalized children and adolescents.

After some e-mail exchange with Jill she suggested we write some piece explaining our work and asking for readers to become "Friends of the Amigos Centrados na Pessoa" into Renaissance and into the BACPCA newsletter in the UK. We thought it would be a great idea. So, if you would like to contribute to the Person Centered Friend's project too, please contact us at friends.acep@terra.com.br. We would be very glad to provide you with all the information you need.

Thank you so much for your attention,

Elizabeth Freire

Board of the Person-Centered Friends

Dear Amanda,

The Nondirective Attitude

Statement #1

I wrote an unpublished paper in 1947 entitled "The Nondirective Attitude." It was never published but Carl Rogers quoted from it in his book, "Client-Centered Therapy," (1951, p.29) citing this passage:

"At this level, counselor participation becomes an active experiencing with the client of the feelings to which he gives expression, the counselor makes a maximum effort to get under the skin of the person with whom he is communicating, he tries to get within and to live the attitudes expressed instead of observing them, to catch every nuance of their changing nature; in a word, to absorb himself completely in the attitudes of the other. And in struggling to do this, there is simply no room for any other type of counselor activity or attitude; if he is attempting to live the attitudes of the other, he cannot be diagnosing them, he cannot be thinking of making the process go faster. Because he is another, and not the client, the understanding is not spontaneous but must be acquired, and this through the most intense, continuous and active attention to the feelings of the other, to the exclusion of any other type of attention."

Rogers pointed out that this description represented an empathic rather than an emotional identification with the

client; the counselor is experiencing the different feelings of the client but not having those feelings himself. In a memorable formulation of his own of the client-centredness of the relationship, he wrote:

"We have come to recognize that if we can provide understanding of the way the client seems to himself at this moment, he can do the rest. The therapist must lay aside his preoccupation with diagnosis and his diagnostic shrewdness, must discard his tendency to make professional evaluations, must cease his endeavors to form an accurate prognosis, must give up the temptation subtly to guide the individual, and must concentrate on one purpose only, that of providing deep understanding and acceptance of the attitudes consciously held at this moment by the client as he explores step by step into the dangerous areas which he has been denying to consciousness.

Statement #2

I have found play therapy with blind children about five years old to be basically the same as with children who see...I have no plan for the hour. I do not try to teach. I try to be myself rather than to fulfill any role. But I see the content of the hour as determined by the children, and on this basis I relate to them with the interest and warmth that I feel at the time. Therefore I do not offer inducements, I do not make up games for us to play, I do not try to get them to do anything. They may talk to me, they may choose to remain inactive and silent...I will not value them more or less highly for any of these.

Because of their blindness, they do not make use of many materials in the playroom, such as puppets and figures of people and animals. Their activities tend to be simpler, playing with water and sand, rolling wheeled toys, talking about things they do and eat, humming a tune.

When I think about these children, it is not in terms of their blindness. I think of one and the friendliness and warmth with which he takes my hand, his delight in naming things from home and nursery school, his deep pensiveness in playing with sand and water. I think of another and her sensitivity and strong will, her capacity for joy which changes so easily to tearful frustration.

In what ways do these children grow? One day, in my tenth session with a five-year-old boy, he picked up a box with both hands and moved it from the table to the floor. This was a very simple act, but I was struck by how new it was for him. I realized that its significance lay in a new feeling he was expressing about himself in relation to the world. He wasn't just a "me" any more to whom things happened, but an "I" who could assert himself. That whole hour he seemed to come alive with the discovery of himself. He bubbled over with talk and general excitement. There followed other manifestations of growth. He heard the church bells ring outside and talked about them. It was new for him to react to something happening outside of himself. He had always seemed to bring his own world into the playroom with him and to live within its confines. Now he began to call people around him by name. He stood up straight rather than stooping. More and more he used both hands to do things instead of keeping one up to his eye.

I have talked with parents of blind children, individually and in groups. Sometimes they wonder about the rate of development of their children compared to children with sight. They have the special problem of people feeling sorry for their children. They are troubled often by an educational future involving a choice between regular day schools and residential schools. Underlying these real issues are others more general and more basic, involving their own feelings about themselves as people, their sense of adequacy as men and women and as parents, their attitudes toward children in general, their feelings about the world and the society in which they live. Therefore, when a blind child is in play therapy, his parents are given an opportunity to face and deal with issues such as these. As is true of any child, the blind child will reflect his parents' sense of worth and their honesty in facing their problems. But also, play therapy can give the blind child, like any child, the chance to discover himself and grow in his own terms, whether his parents are getting help for themselves or not.

(Written when the author was Director of Research Planning at the American Foundation for the Blind in New York City and abstracted from the March, 1954 issue of the NART)

>This is Jin. I'm in Beijing. I had no access to the
>Internet here at the conference, but now I'm visiting the institute
>where I used to work and am using their computer to send a few
>messages. Please help me forward this message to both cct/pca and
>adpcgroup (I use two different e-mail addresses on these two lists).
>
>Basically, everything is good here, although the
>readjustment for me is more than what I expected. A piece
>of important news is that the third international conferene

>on humanistic and transpersonal psychologies and
>psychotherapy will take place in Beijing in last September, 2005. I
>know that September may not be the most convenient time for many of our
>people to travel, but this is more than a great opportunity to bring
>pca to China, so I urge the pca people consider to attend it seriously.
>One of the leading organizers is Cyrus Lee, a Chinese American
>psychologist some of you know or know of. They'll have
>some pre-conference workshops, with the emphasis on
>hands-on therapy work. I really really hope that a few cct
>people can come and demonstrate (very likely, I'll interpret
>for them).

>
>I just learned about this yesterday. I met with Cyrus Lee
>and his wife yesterday, and they invited me to join their
>work in spreading humanistic psychology in China. For this conference,
>I'll be the contact person for ADPCA and the pca world.

>
>The cost for the conference is about \$300-400 per person including room
>and board for overseas participants. In September, airfare to China,
>from most Chinese American travel agencies, is about \$800 or less.
>pre-conference workshop speakers will receive some compensation, not a
>whole lot, probably it will be the actual fees they
>receive for that particular workshop.

>
>Also, Cyrus is editing book series on translated classical
>psychological works, with the emphasis in humanistic psychology.
>Rogers' Client Center Therapy, On Becoming a Person, Carl Rogers
>Reader, and a few more (I can't recall at this moment), are on the
>list. Actually, yesterday, while we were meeting, the chief editor
>from the publisher came to deliver sample books of the translated On
>Becoming a Person, and now I have a copy of it in my hotel room!

>
>In general, humanistic psychology is still not in the mainstream in the
>psychological field in China, and people like Cyrus are working hard to
>change that. He's been doing work in China since 1979. Now he and his
>wife work in China at least for 6 months each year, sometimes even
>longer. Now they have invited me to join them. As one
>person, I have very limited amount of energy. I want to do
>my part, but I think the more important role for me is a
>bridge.

>
>I have Cyrus and his student some copies of the Renaissance that I
>brought to China (2002 Fall, my first issue, with ADPCA by-laws). I
>gave the info or the SCCP press to the editor from the publisher that
>published the translated On Becoming a Person. I also gave a couple of
>copies of Renaissance to the library of the Institute of Psychology
>(one of my friends there now is the leading librarian).

>
>OK, I have to go. Best to you all.

>
>Thank you!

>
>Jin

Thanks to Jin Wu for two years of hard work and creative contribution to the
Renaissance, and for spreading the word about the person-centered approach.