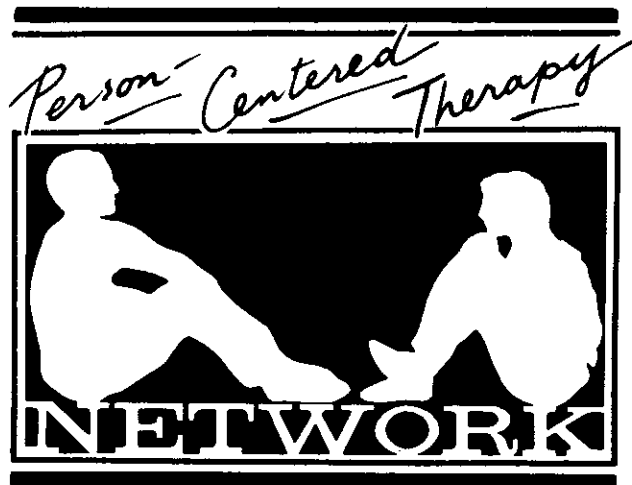


RENAISSANCE

QUARTERLY NEWSLETTER OF THE ASSOCIATION FOR THE DEVELOPMENT OF THE PERSON-CENTERED APPROACH

Volume 3, Number 1 1986



"I have come to feel that the only learning which significantly influences behavior is self-discovered..."
Carl R. Rogers

ASSOCIATION'S FIRST ANNUAL MEETING

September 3-7, Chicago, Illinois
David J. Cain

The Association for the Development of the Person-Centered Approach (formerly the Person-Centered Therapy Network) is pleased to announce that it will hold its first annual meeting in Chicago, Illinois from September 3-7 at International House of the University of Chicago. Carl Rogers will attend the meeting as will many others who have made significant contributions to the development of Client-Centered and the Person-Centered Approach.

Rogers will share his experiences and thoughts on his efforts towards peace in Central America and South America. While the content of the First Annual meeting is not completely developed, it will include: meetings on a variety of topics such as psychotherapy, supervision and training, theory and research, education, conflict resolution and other applications of the Person-Centered approach. Participants are encouraged to write and exchange papers before and during the meeting.

Although the format of the meeting is still developing, some time will likely be allotted to large meeting of all participants, smaller theme meetings and daily unstructured groups meeting.

Some meeting time will be devoted to the ongoing development of the Association. Two very important purposes will be attended to in our meetings. One is the development of a core group which will have a major portion of the responsibility for defining and carrying forward the goals and purposes of the Association. The second is the development of a committee who will assume responsibility for planning the Second Annual meeting of the Association. A meeting will also be held for all Editorial Board members of the *Person-Centered Review*. All meetings will be open to all participants.

According to the planning committee for our first meeting the accommodations at International House will be comfortable, appealing and economic. The fee for room and board is only \$160, tax included. There will be a mini-bus service available from O'Hara Airport to International House. We will be able to have all of our meals together in the warmly wood-paneled dining room at International House.
(Continued on page 2).

NEW DIRECTIONS IN 1986

David J. Cain

The Person-Centered Therapy Network has become the Association for the Development of the Person-Centered Approach. Significant changes are occurring. Most important is that the Association will embrace professionals of many disciplines and laypersons who have an interest in the development and application of the Person-Centered Approach. Persons from education, psychology, organizational development, psychiatry, social work, pastoral counseling, counselor education, child development, family studies and all other areas of endeavor concerned with human relations and growth are welcome. By broadening our horizons we extend our reach and potential impact while increasing our human resources.

Our newsletter, *Renaissance* will continue to play a vital role in helping us communicate with each other and provide valuable information on a variety of topics and events. The newsletter has been strengthened with the addition of Patrick Lee as Associate Editor. Patrick recently earned his Masters degree in Counseling from California Polytechnic State University, San Luis Obispo. He has been a member of the executive committee of the Network for the last three years. Patrick's hard work and reliability have been a great asset to the Network. I am pleased to have him assume major responsibility for the ongoing development and publication of *Renaissance*.

Renaissance, too, will be changing. It will provide more information about members activities and projects. It will continue to publish short articles though larger papers will now be published in the *Person-Centered Review*. Resources available to members will be expanded in the coming year. More space will be devoted to the discussion of issues relevant to the Association and to Client-Centered therapy and the Person-Centered approach.

Perhaps the most exciting change of 1986 is the Association's sponsorship of our First Annual Meeting which will take place this September 3-7 in Chicago (see article this issue). Carl Rogers and many other persons instrumental in the development of Client-Centered Therapy will be in attendance. Our first meeting promises to be an interesting and rewarding event and the beginning of a fine tradition.



Association's First Annual Meeting Continued

The main meeting rooms are spacious and inviting.

With a registration fee of \$50 for members of the Association and \$60 for nonmembers, the total cost of the meeting, excluding transportation, is only \$210-220. If you plan to attend, please send a check covering the registration (\$50 or \$60) made out to First Annual Meeting to Nat Raskin at the address listed at the end of this article.

This meeting is being made possible through the efforts of Nat Raskin who has taken on the enormous task of organizing the meeting. Fortunately, Nat is being assisted by many capable friends and colleagues including: Ray Adomaitis, Charlotte Ellinwood, Jim Iberg, Stanley Lipkin, Barbara Temaner, Marjorie Witty, Marjorie van der Veen and Julie Ziegert. I am very thankful that Nat and all of the persons who are helping to organize our First Annual Meeting.

I hope many of you will be attending and will also encourage others to attend. Your suggestions regarding the format of the meeting and its contents are welcomed. If you would like to offer ideas about the meeting or be involved in any way, please contact:

Nathaniel J. Raskin, Ph.D
Division of Clinical Psychology
Northwestern University Medical School
Chicago, IL 60611

CALL FOR PAPERS

The **Person-Centered Review** invites case studies, theoretical, research and applies papers in the areas of psychotherapy, education, supervision and training, clinical issues, and personal development in family, group and organizational settings. Published quarterly, the **Person-Centered Review** is founded on the system of psychotherapy developed by Carl R. Rogers. The journal's purpose is to carry forward his work, pioneering spirit and optimism about the individual's capacity for self-directed growth. The **Person-Centered Review** will serve as the main voice for Client-Centered Therapy and the Person-Centered Approach. It will provide an open and receptive forum where divergent methods, varying viewpoints and individual styles of expression are all welcome.

Manuscripts should be submitted in quadruplicate, typewritten and double spaced, to David J. Cain, Editor, **Person-Centered Review**, Counseling Center, California Polytechnic State University, San Luis Obispo, CA 93407. The Journal follows the style of the Publication Manual of the American Psychological Association (1983). Abstracts and short biographical statements should accompany each submission. Authors should include their complete address and phone numbers. Rejected manuscripts will not be returned to the authors.

AN INVITATION TO JOIN

the

Association for the Development of the
Person-Centered Approach

The membership benefits in 1986 will include:

1. Subscription to the **Person-Centered Review** (quarterly)
2. Subscription to the Association newsletter, **RENAISSANCE** (quarterly)
3. A copy of the Association Resource Directory
4. Free listing in the Directory
5. Discounts on the Association's Annual Meeting
6. Discounts on the Association's Tape Library

Name _____
Address _____
City _____ State _____ Zip _____



I would like a General Membership \$45 (\$50 out of US)

I would like to make a contribution of:

\$100 _____ \$50 _____ \$25 _____ \$10 _____

Make check payable to:
Person-Centered Therapy Network

Send to:

David J. Cain, Ph.D
Person-Centered Therapy Network
PO Box 3637
San Luis Obispo, CA 93403
(805) 466-1546

NEWSLETTER STAFF

Editor: David J. Cain
Associate Editor: Patrick Lee



LEARNING CLIENT-CENTERED THERAPY

William Safarjan

I have been asked to comment briefly on how my own individual psychotherapy is contributing to my growth as a client-centered therapist. By way of background, several years ago I began adding a clinical speciality to compliment my graduate training in psychobiology. As part of my training in clinical psychology personal psychotherapy was required for university certification, and it is in this context I later became a client. I recall originally viewing the therapy requirement as an unnecessary imposition. Further, the usual justifications offered in its support did not persuade me otherwise. Since then, however, I have begun to understand more clearly some of the benefits psychotherapy can have on one's professional as well as personal growth and now believe that it provides a medium for learning that may only occasionally be tapped by standard training methods.

Among the benefits I have seen, perhaps the most significant one for me has come from personally experiencing the change process in a therapeutic context. The experience continues to remind me, in a personal way, that psychotherapy works. Though obvious to some, this knowledge came at a time when, after involving myself almost exclusively with seriously disordered clients, I was questioning my skills as a developing therapist and the value of therapy as well. Experiencing my own growth has had the effect of renewing my enthusiasm and serving as an incentive to pay closer attention to those factors that contribute to change and to my role as a therapist in that process.

Individual psychotherapy has also helped to clarify my theoretical orientation and to confirm in my own mind the need to focus on the client, to trust his/her capacity to make decisions, and to realize that no one knows the client better than himself/herself. This confirmation has been important because, over time, I saw myself losing sight of these objectives. Clients were all too willing to impart in me some special healing power, and I began to like the healing role. In my own therapy I am acquiring a different perspective. I see, as a client, how easy and inviting it is to be passive and to wait to be fixed. Had my therapist inadvertently cultivated this attitude, as he might have had he been more structured, I would have found it difficult to experience the inner control I see as an objective in therapy.

Related to the orientation issue, noted above, is my reaffirmation that experientially based psychotherapy facilitates change. In therapy, insight seems to occur only after extended contact with my feelings. At these times, clarity of issues develops more quickly and linking occurs spontaneously and continues outside the session. In contrast, sessions in which I am not in contact with my feelings seem to be the least beneficial, even on those occasions when relevant interpretation is provided.

I have also noticed that being a client has enabled me to enter my own client's world in a different way. The expectation and personal discomfort that sometimes occurs at the beginning of sessions, the excitement and relief that often accompanies growth, the impatience for new growth that occasionally follows change -- all these experiences and others are giving me a new basis for developing empathy and for communicating this understanding.

In short, beyond some of the usual justifications for entering individual psychotherapy (e.g., centering, modeling, etc.), I am discovering other benefits which for me are stimulating my own growth as a therapist.

THIRD PERSON-CENTERED APPROACH FORUM

The Third International Forum on the Person-Centered Approach will be held from August 7-14, 1987 in La Jolla, California.

It is being sponsored and developed by the Center for Studies of the Person, also based in La Jolla, California. The theme for the Third Forum is Diversity and Integration. The Center staff states, "We chose this theme with the hope that by sharing our similar and different points of view we may enrich each other, and go beyond our self-imposed boundaries. It is also our hope that together we may call on our creativity to discover ways in which the cognitive and affective may be integrated."

THE VALIDITY OF THE MOMENT

I know not what you will do or become
At this moment or beyond.
I know not what I will do except to stay with you
at this moment.
And be mother, father, sister, brother, friend, child or lover
At this moment
I exist for you and with you
At this moment
I give you all of me
At this moment
I am you
At this moment
Take me and use me at this moment
To be whatever you can become
At this moment and beyond.

JERRY BOZARTH



NEWSHEET

Below are the responses from the Newsheet that all members received last month. The Editors of Renaissance will be using the Newsheet so members can share their on-going activities and projects or personal comments with others interested in the Person-Centered Approach. We welcome your input.

Ralph and Rosalie Howlett are embarking on a new program of lectures, workshops and conferences with a focus on creative process as a comprehensive base for their work. The workshop "Life as a Creative Process" will be June 13-15, 1985. The purpose will be to introduce theory and application of creativity as a way of life, path to wholeness, and source of spiritual energy. The Cost is \$85 with a few partial scholarships available. They are also working on a paper "Creativity, Self-Consistency, and the Person-Centered Approach." For further information write: PO Box 27, Soquel, California 95073 (408) 462-2027

Elizabeth Sheerer is teaching a graduate course in Client-Centered Therapy called "Client-Centered Therapy; Facilitation of Dream Interpretation Groups." For further information write: College of Home Economics, Dawson Hall, University of Georgia, Athens, GA 30602 (404) 542-2551

Douglas Bower announces the establishment of a new center called Advantage: Human Development Services. It will be a center for the counseling, development and growth of the person. The primary emphasis will be upon the use of the Person-Centered Approach through pastoral counseling. He is also involved in a project that focuses on the practice of the Person-Centered Approach on a qualitative basis. A questionnaire for the therapist and client is utilized; a tape of the session concerning the questionnaire is observed by 3 listeners; and the client is asked to fill out an abbreviated form of the Barrett-Lennard Relationship Inventory. To be a participant in this study please contact: Jerold Bozarth Ph.D., Chairperson, Department of Human Development Services, School of Education, University of Georgia, Athens, GA 30602; or Douglas W. Bower, Advantage: Human Development Service, PO Box 6334, Athens, GA 30604.

Joseph Tein, M.A., M.F.C.C. just completed his first weekend Focusing workshop the weekend of February 28 -- March 2. The purpose was to provide an introductory workshop and ongoing training in Focusing (as developed by Eugene Gendlin) as well as a support group and a pool of people who can share Focusing with each other. The next one is scheduled for either July or August. An audio cassette combining narrative plus excerpts from actual sessions as illustrations is in the works, as well as a 1/2-hour video cassette lecture and demonstration. He just recently published a paper "Focusing: A Psychological Approach To Spirit." For further information write: 1535 Stoner Ave. Los Angeles, CA 90025 (213) 826-9129 or (818) 285-29323.

Marjorie Anderson, M.A., M.F.C.C. writes that she is starting "A New Career at 70." Her interests include: Parent-child relationships; the Human in the Middle Generation; "Changing the Symptom for the Two of Us;" Retirement perspectives; SEE = Self Esteem Enhancement; and Preparation for Remarriage; "Who Am I?" Decisions and Redecisions, etc. For further information write: 916 Viahido Sosl, Newport Beach, CA 92663.



ACTIVITIES, EVENTS AND PROGRAMS

First Annual Meeting of the Association for the Development of the Person-Centered Approach.

September 3-7, 1986

International House of the University of Chicago, Chicago, Illinois, USA. For information write of call: Nathaniel J. Raskin, Ph.D., Department of Psychology, Northwestern University Medical School, Chicago, Illinois 60611 (312) 908-8704. Program proposals and suggestions are welcome

1986 La Jolla Programs

July 20-August 3

This is an excellent opportunity to experience the small group described in Carl Rogers on Encounter Groups (See chapter 9 for a fuller explanation of The La Jolla Program.) The program includes discussions led by guest speakers, but the emphasis is on the experiential, the small group, the community meeting, the exchanges between individuals as ways of learning more about person centered therapy and how to help others and one's self.

TUITION: \$365 Room: \$350 Single and \$240 Double
AUGUST 3-8

This workshop in person centered therapy is based more on the presentations of individuals who have spent much of their professional and social lives concerned with the issues and methods formulated by Dr. Rogers. There are also films, demonstrations of therapy, relatively unstructured small groups, and structured dyads.
TUITION: \$240 Room: \$155 Single and \$100 Double

Presenters at both programs include Carl Rogers, Ph.D, Bill Stillwell, Ph.D, Director of the Center for Studies of the Person, and Bruce Meador, Ph.D, Director of The La Jolla Program. At the second program only, presenters include Drs. Jo Ann Bitner, Jerold Bozarth, David Cain, Alice Elliot, Maurice Friedman, David Martin, and Bob Lee.

LOCATION: Campus of the University of California, San Diego
For Information write: Dr. Bruce Meador, Center for Studies of the Person, 1125 Torrey Pines Rd., LaJolla, CA 92037 USA
(619) 459-3861

Living Now Institute

10th Annual Program. Theme: Congruence and Caring. The Delicate Balance. July 11-20, 1986. Campus of University of California, San Diego. Presenters include Carl Rogers and staff of the Center for Studies of the Person. For information write: Nel Kandel or Gay Swensen, Center for Studies of the Person, 1125 Torrey Pines Road
LaJolla, CA 92037 USA. (619) 459-3861

Person-Centered Expressive Therapy

July 27-August 1, 1986. Level I - Foundations of Person-Centered Expressive Therapy

August 4-13, 1986. Level II - Intensive Training

January, 1987. Level III - Development of theory, applications and supervised experience

Summer, 1987. Level IV - Internship

For information write: Person-Centered Expressive Therapy Institute

1515 Reibli Road, Santa Rosa, CA 95404 (707) 523-0203

(Continued on Page 6)



TAPE LIBRARY

1. Dialogue With Carl Rogers

A dialogue between Carl Rogers and the participants in the Second International Forum for the Person-Centered Approach held in Norwich, England from July 14-21, 1984. The discussion is periodically translated into French.

1 1/2 hours Good Auto \$8.00

2. Panel Discussion of Client-Centered Therapy

A six member panel present their views on various aspects of client-centered/person-centered therapy during the Second International forum for the Person-Centered Approach held in Norwich, England from July 14-21, 1984. Panel discussions include Drs. Barbara Temaner, Jerold Bozarth, Nat Raskin, John Schlien, Carl Rogers and Leif Braatan.

2 hours Good Auto \$10.00

3. Carl Rogers Talk & Discussion

Carl Rogers offers some of his thoughts regarding the distinctive aspects of the client-centered / person-centered approach to therapy followed by a discussion with participants attending the La Jolla Program in July, 1984

1 hour Good Audio \$6.00

4. Client-Centered Therapy Demonstrations and Discussion - Bob Lee, Ph.D.

Dr. Bob Lee is a client-centered therapist, close associate of Carl Rogers and a member of the core staff of the recently founded Carl Rogers Institute of Psychotherapy, Training and Supervision. This session is with a middle-aged man attempting to modify his tendencies to be controlling. The session is followed by a discussion by Dr. Lee, the client and the participants of the La Jolla program held in July, 1984.

1 1/2 hours Good Audio \$8.00

5. Maurice Friedman on Martin Buber and Client-Centered Therapy

Dr. Maurice Friedman, a philosopher, therapist, author of several books and authority on Martin Buber discusses Buber's ideas in relationship to those of Carl Rogers during the July, 1984 La Jolla program.

1 1/2 hours Excellent Audio \$8.00

NEW

6. Continuing Controversy in Client-Centered Therapy - David J. Cain

In this tape many of the most controversial aspects of Client-Centered Therapy are discussed from an historical perspective and in terms of how such issues as directiveness, diagnosis and training of therapists continue to stir strong feelings from critics of this approach.

1 1/2 hours Good Audio \$8.00

(Continued in next volume)



All tapes must be paid for in advance by check payable to:
Person-Centered Therapy Network.

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San Luis Obispo, CA 93403

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10% Discount \$ _____

Total amount \$ _____

Name _____

Address _____

City _____ State _____ Zip _____

CALL FOR PERSON-CENTERED TAPES

A library of Audio and Video tapes demonstrating person-centered approaches to therapy, supervision, consultation and teaching is being developed for distribution through the Network. We would also welcome tapes of talks or lectures you may have given. The tapes will be made available for purchase for a modest fee. Network members may purchase these tapes at a 10% discount. The Client's last name, should, of course, be omitted from the tape.

Persons interested in submitting tapes for distribution should send the tape along with the following information about the client(s):

1. Age, sex and brief description;
2. Issues addressed or goal of the intervention;
3. A brief narrative indicating interesting aspects of the intervention including specific ways in which person-centered concepts or therapeutic styles are illustrated.

If the tape is of a lecture or talk, please indicate the topic, date, and the group addressed.

Persons submitting tapes will need to submit a release signed by the client which authorizes permission to copy and distribute the tapes to other therapists for professional use. The release must have the client's original signature.

Tapes should be submitted to:

David J. Cain, Ph.D.

Person-Centered Therapy Network

P.O. Box 3637

San Luis Obispo, CA 93403



Activities, Events and Programs (continued)

Invitational Education Leadership Conference

July 10-12, 1986. Purpose: Explore North American education and how Invitational Education might influence its directions. Location: The Graylyn Conference Center of Wake Forest University, Winston-Salem, North Carolina. Cost: \$50 Registration fee plus lodging. For more information: Dr. Don Russell, 900 Brintonial Way, Winston-Salem, NC 27104 (919) 768-7318

Training in Focusing

The Focusing Institute offers weekend intensive workshops in Focusing in Chicago with Dr. Gene Gendlin & the Focusing Institute Staff. They begin on the last Friday of each month with 31 days (except December). For further information please write to Focusing, c/o Amy Gottschalk, 5848 S. University Ave., Chicago, IL 60637, telephone (312) 962-8869. Also, the Focusing Institute offers 2 week-long Experiential Focusing/Listening Retreats. One is held in November and the other in August.

**The Carl Rogers Institute of
Psychotherapy, Training & Supervision**

La Jolla, California. Offered by: The Center for Studies of the Person, 1125 Torrey Pines Road, LaJolla, California (619) 459-3861

The Fatherhood Project

The Fatherhood Course - for both married and single fathers to improve communication and child management skills. Fee: \$100. Discussion Group for Single Fathers - to develop skills to work out their relationships with ex-spouses and children. Fee: \$100. Workshops for Parents: Becoming Parents, Co-Parenting, Single Parenting, Step-Parenting, and Coping with Joint Custody. Location: School of Education, Boston University, 605 Commonwealth Ave., Boston Massachusetts 02215, Rm. 364B. For further information: Call Dr. Ronald Levant, Director, The Fatherhood Project, (617) 353-4227

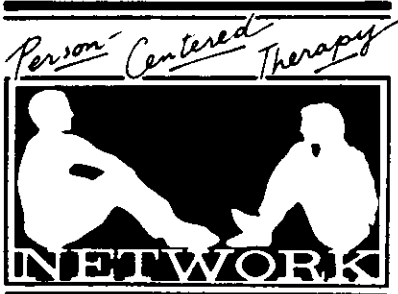
OUTSIDE USA

Center for Cross-Cultural Communication

Back-to-back in Szeged Hungary. Presenting two workshops with founders of the Center for Cross-Cultural Communication -- Charles Devonshire, Carl Rogers, and others.

1. **Client-Centered Psychotherapy, Person-Centered Approach: Up-to-date, July 5-12, 1985**
2. **Creative Approaches to Cross-Cultural Communication, July 14-20, 1985**

For further information and brochures write: Jean Wirth, U.S. Country Coordinator, 490 Summit Springs Road, Woodside, CA 94962 USA.



Person-Centered Therapy Network
PO Box 3637
San Luis Obispo, CA 93403