

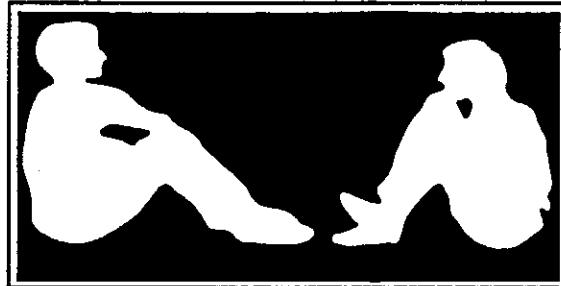
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# RENAISSANCE

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

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Vol. 4 No. 3, 1987



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

Carl R. Rogers

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## ASSOCIATION MEETING IDENTIFIES ISSUES FOR MEMBERS' RESPONSE

David J. Cain

How can an association of persons committed to developing the person-centered approach create an organization congruent with person-centered values?

How can we organize ourselves for collectively defined goals in a manner which is efficient, and which avoids the problems of authoritarian and closed systems?

In what ways can our Association best serve its members?

There are some of the questions that brought thirty-five people from twelve countries together on August 11th during the Third PCA Forum. What follows is my account of the meeting, the decisions made, and goals set.

The prevailing spirit was lively, constructive, and open in discussions regarding what a person-centered association is or might become. While several people expressed deep appreciation to me for my leadership

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## REMEMBRANCES OF THE THIRD INTERNATIONAL FORUM

Jacqueline Chase and Maureen Cronin

Triangular florescent signs, handmade by Kurt, led participants to the forum registration. The room is electric with anticipation - luggage arriving, picture-taking, greetings of old friends and new ones. One hundred and fifty people from all around the world gather with their belongings, at the University of California's San Diego campus. The Ambience Committee of the Center for Studies of the Person has done well - table cloths, music, flowers, refreshments, information packets, room assignments. All is handled with graciousness amidst buoyant activity.

On the first night of the forum all of the participants gathered on the fourth floor of Blake Hall for a dinner hosted by CSP, and wonderfully prepared by Elsie and Jo Ann. The group energy was high; many languages could be heard as people greeted each other and embraced. The congeniality of this first gathering set the tone for the nightly dinners that followed. These dinner meetings were initially

offered for those participants traveling on limited funds; however, they quickly expanded. The dinners became the "in-place" to be, not only to share a meal, but also to spend time with others. Most of the dinners were prepared by the American hosts; however, one night, to the delight of the diners, the Belgians prepared a favorite dish.

As the day ended all convened in the International Center's largest conference room. Chairs were arranged in a circle several deep. Suzanne opened the forum with remarkable warmth, lighting a candle as was done in her family on the eve of the Seder. She placed the candle on the floor beside Maria's bouquet of several dozen many-colored roses. In community the voices began. For many the recent death of Carl Rogers was paramount. Some had gathered to share their sadness over his death, while others had gathered to share the strength of his spirit in themselves and in the community.

Dissenting voices were also heard. A woman from Scotland expressed deep-seated anger over the limitations of Rogers' ideas. She spoke of another's ideas and invited interested others to discuss them with her. The woman's metaphors provoked a dialogue on racial issues. A black woman spoke, "I have a need. I carry it with me everywhere. It's the anger in me and the anger in the other. I have a need." The group responded to her plea for understanding by contributing stories of how deeply racism had influenced their behavior. The discussion became quite strident.

The mood shifted as participants shared stories of their travels to the meeting.

"I hitch-hiked from San Francisco."

"I came from Italy and have spent a lot of money to be here at this meeting."

A woman, from Brazil, said, "I am scared, really scared to be here."

"Even though I don't know many people here, I am surprised that I feel so comfortable. As if I were with my family."

The meter ran out on the room before the discussion had ended. The talk continued as people walked out into the warm night air.

In the community meetings, one of the dominant themes was Client-Centered Therapy (CCT) versus the Person-Centered Approach (PCA). One person feared that, "... the beautiful core of Carl Rogers' Client Centered Therapy was getting lost". He was angry. He didn't want anything more than that core. As the debate continued - core to outer limits - CCT or PCA, an elegant older Frenchman spoke calmly to the group, "Le crystal devient fumee et la fumee devient crystal." From core to outer edges and back again and again. All of a sudden the meeting took on the spirit of a world village. People were honestly struggling to come to a consensus rather than to overpower each other. The Frenchman's eloquence was soothing.

The struggle between Client-Centered Therapy and the Person-Centered Approach continued in the paper presentations. One of the most striking messages was Bill Stillwell's call for individuals to trust their own path of knowing, whether it be the artistic, humanistic, or scientific, all of these being paths to the spiritual. Natalie Rogers' "Creativity and Consciousness" focused on the use of artistic expression such as movement, dance, music, and other art media as ways to express the deeper self or to unblock emotions. She illustrated the effectiveness of this technique by presenting slides of the art journal she has kept over the past ten years. Her periods of anger and depression, peacefulness and integration were powerfully embodied in the journal.

In Jack and Maria Bowen's "Interreliance: Building Lasting Intimate Relationships", they presented their model for creating and enhancing a long-term relationship. According to their model, a couple must have a shared view of life as a journey toward the highest human competencies. Both partners are called upon to know and utilize all of themselves. The intimacy that they

achieve in their relationship creates opportunities for both partners to develop more fully than either could develop alone, embracing the premise that we are social beings.

John Vasconcellos, a California State Assemblyman, spoke on "Applying Person-Centered Principles in Politics". Vasconcellos concurred with Rogers' belief that people are inclined toward goodness and toward being constructive; these qualities require nurturance. For Vasconcellos, politics is how we treat each other all the time.

The small group portion of the forum was for many the most meaningful part, because the groups provided a safe place for self-expression and self-disclosure. One of the most memorable parts of our small group occurred when we leaped across cultures. A funny story told in English became much funnier as it was translated into Japanese by a bilingual member of the group for a non-English speaking Japanese fellow. Our laughter derived from the lyricalness of the translator's language, her gestures, and the enthusiasm with which she retold the story. There were other moments when we understood each other before a translation had been completed. The Japanese members set a slow pace for the group. At first this seemed tedious, but by the end of the first meeting the members of the group had adopted this pace and found that "going slow" allowed them to catch up with themselves. On the last meeting, gifts were exchanged. A Japanese woman, Haruko, gave beautiful embroidered handkerchiefs, and hand-made purses. A young woman from Hungary gave beautiful hand-crafted hearts and embroidered squares made in her country. The similarity between the embroidery from both countries was stunning, and seemed a fitting expression of our likeness. The scene was reminiscent of the emotional gift exchange by the athletes at the 1984 Olympic Games. In friendship they traded t-shirts and memorabilia from their countries.

The forum left me with several strong after-images. On the fourth night of the conference there was a beach party. At sunset the singing

began. Sitting on the grass at La Jolla Shores, passing the jug, Japanese, Brazilians, Hungarians, Italians, Mexicans, Portugese, Swiss, Chileans, and Frenchmen and women ... serenaded each other with lively folk songs, filling the evening with camaraderie and gaiety.

Another strong after-image is that of the Tai Chi class offered each noon on the patio of the International Center. Tai Chi is a series of movements and postures developed by the Chinese as an aid to meditation. It is characterized by slow, circular movements, in full. These movements physically represent the cyclical aspect of life energy. As the class moved through the postures, each member's vision included all the other members of the class, the different colors, cultures, and costumes.

At the last community meeting Haruko and the Japanese women who came with her performed a song of the early spring in Japan. It is a time when the meadowlark sits in the tree, chilled by wind and rain, waiting to welcome spring with his song. As they began their performance, the flutist, overwhelmed by emotion, faltered. One of her countrywomen literally stood behind the flutist physically supporting her. With her friend's words of encouragement, the flutist was able to perform flawlessly. The flute combined with the soprano voices in a beautiful melody. This after-image gives a sense of human strength, dignity, and humility.

These values were central to the fairy tale recited by a shy, slightly built Japanese woman at the last community meeting. One of the members asked if any of the members who had not spoken would like to speak. The young Japanese woman rose to share the story she had written. Her fairy tale told of a bird who didn't know how to fly. The bird had to leave three weeks earlier than her friends to walk to the forum. The bird was excited when she first arrived at the forum, but this quickly dissipated when she discovered that the other birds spoke rapidly and only in English. Her alienation forced her to withdraw from the group. She didn't go to

community meetings or paper presentations. She retreated to her room. It was only after her friend encouraged her that she went to her small group. In the group she found the support she needed to begin to talk about her frustration, her isolation. Her experience in the group led the bird to to attend Natalie's workshop, where she was asked to participate in a panel discussion on the art therapy program she had just attended. During the discussion she overcame her shyness and began speaking freely. She had learned to fly. Many members of the community wept openly because they saw her fairy tale as a metaphor for all their journeys at the forum.

We all began to fly.



#### NEWSHEET

Kenneth von Thaden is seeking supervision, mentoring, and support. Having completed a Bachelor of Science degree with New York State's Empire State College, majoring in Counseling Psychology, I recently enrolled at Goddard College in Vermont pursuing a Master of Arts Degree in Counseling Psychology. Throughout my studies, I have been strongly influenced by the client/person-centered approach to counseling. Unfortunately, my contact with person-centered work has been limited to readings and attendance at the La Jolla Program and the ADPCA meeting in Chicago. My development as a counselor has now brought me to a point where I need to have direct contact with other individuals who are deeply rooted in the person-centered approach to counseling. I have a need for supervised counseling that can fulfill certification requirements and a need for a mentor and support for my own personal development and growth. I am located in upstate New York, and for several reasons, my ability to commute and spend long periods away from home is restricted. Therefore, I need assistance to contact the right people and to develop a creative solution to fulfill my requirements. If you can assist in this quest for a supervisor, mentor, and support, please contact me: Box 601, Cobleskill, NY 12043, (518) 234-4216.



#### NEW ASSOCIATE EDITOR

I am pleased to introduce Victoria Kuhl as the new Associate Editor of Renaissance. Victoria is a student and staff member of the Professional School of Psychological Studies in San Diego. In addition to lightning hands on the word processor, she is a fine writer and experienced editor. Victoria also helps with most of the editor's correspondence for the Person-Centered Review. Obviously, I'm grateful to have her assistance.

I am also grateful to Patrick Lee, who has served as Associate Editor for the last year and a half. His long hours of work on Renaissance have resulted in a high-quality newsletter. Fortunately, he will continue to produce the Membership Directory and maintain our mailing lists.

#### JOURNAL SUBSCRIPTION

Subscription to the Person-Centered Review is included in your membership in the Association. You will receive all four issues of the journal published during the year of your membership.

Should you have any problems with your journal subscription, please call Sage Publications at (805) 499-0721, and ask for assistance from Adeline Sarnowski. Sage's address is 2111 W. Hillcrest Dr., Newberry Park, CA 91320.



#### SCHOLARSHIP FUND

ADPCA has established a scholarship fund for persons who cannot afford the yearly \$45.00 (\$50.00 outside the U.S.) membership. A number of memberships will be available for \$30.00-\$35.00, while some memberships without the Person-Centered Review will be available for \$10.00-\$15.00. A few memberships will be made available at no cost. The scholarships will be awarded, based on need, in 1988. Group memberships are also available at a reduced rate in special cases (mostly for low-income groups). Applications for scholarships should be sent to the editor.

and hard work in establishing our Association, many speakers (including me) expressed real concern that our Association fully reflect our divergent and convergent voices, and engage members in the development of our structures and purposes.

A common concern which emerged in our discussions was to have Association members share in the ownership, responsibility, and decision-making process. At the same time, we recognize the necessity of using decision-making procedures which are sensitive to members' input but which enable us to make decisions and move forward with reasonable efficiency.

Four immediate needs facing the organization were identified. They were:

- 1) Defining our purposes and functions.
- 2) Defining our organizational structure and operating procedures.
- 3) Increasing Association membership.
- 4) Reviewing Renaissance, our Association's newsletter.

We agreed to develop a working position on these issues for presentation to participants of the Second ADPCA Meeting, to be held in New York City, May 26-30, 1988. A group of individuals volunteered to work on the draft. The small group was named the Enabling Committee. The members of the Committee expressed the desire to receive thoughts, visions, and proposals from any interested reader.

Members of the Enabling Committee include:

- David Cain (USA:CA)
- David Brazier (England)
- Sandor Klein (Hungary)
- Peggy Natiello (USA:NJ)
- Nat Raskin (USA:IL)
- Jules Seeman (USA:TN)
- Alberto Segrera (Mexico)
- Marcia Tassanari (Brazil)
- Carol Wolter-Gustafson (USA:MA)
- Alberto Zucconi (Italy)
- Susanne Spector (USA:CA)
- Victoria Kuhl (USA:CA)

This group met again two days later. We decided to try a version of the letter network described by Ann Weiser (see Renaissance Vol. 2, No. 2, '85). This process, or multilogue, works as follows:

- 1) I will mail each committee member a letter regarding the four issues facing the Association.

- 2) Within a month, committee members respond in writing, and send their responses to me.

- 3) Responses will be xeroxed, gathered together, and sent back to each committee member to review the collected perspectives.

- 4) Within a month, we respond again and repeat the process.

- 5) After reviewing each others' input, we move toward a final version of the draft.

- 6) The draft is then shared with participants at the May 26-30 meeting in New York City for final discussion and approval.

Members of the Enabling Committee hope that any interested Association members will offer thoughts on the four issues before us.



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## ACTIVITIES, EVENTS, AND PROGRAMS

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### IN DEPTH TRAINING PROGRAM IN THE PERSON CENTERED APPROACH

The program is designed to bring together person-centered theory and practice in an interactive group process. The theoretical content will include the basic hypothesis, attitudinal skills, and underlying philosophy of the person-centered approach; past and present research studies; and application of the approach to institutional and social change. The format consists of ten monthly weekends per year, beginning in October and ending in June.

Carl Rogers wrote about this program: "To a surprising degree, this program provides a situation in which

ACTIVITIES - Continued from Page 5

professional skills and personal growth are both enhanced within the same group. In my judgement it is an excellent laboratory for producing growing professional persons."

Staff: Peggy Natiello, Curtis Graf, and guest seminar presenters.

Location and Information: Center for Interpersonal Growth, Box 271, Port Jefferson, NY 11777, (516) 331-2061.

**THE CARL ROGERS INSTITUTE OF PSYCHOTHERAPY TRAINING AND SUPERVISION**

The goals of the Institute are to provide extensive training and supervision for trainees, interns, and practitioners, to offer low-cost psychotherapy for the San Diego community, and to develop a network of clinical and other scholars whose principal focus will be the study, research, and development of client-centered psychotherapy. A special feature of the institute is to provide instruction and training designed to maximize the effectiveness of practitioners when working with persons from culturally diverse populations. The Institute will

conduct four training programs each year. Regular programs, four months in duration, will be offered each January-April, May-August, and September-December. A special one-month intensive program will be offered once each year, usually in January. For more information, write to Norman E. Chambers, Center for Studies of the Person, 1125 Torrey Pines Rd., La Jolla, CA 92038 (619) 459-3861.

**FOCUSING WORKSHOP AT ESALEN INSTITUTE**

John Amodeo, Ph.D., and Kris Amodeo, M.A., will conduct a Focusing Workshop at Esalen Institute, Big Sur, CA, on January 8-10, 1988. The cost is \$270.00 (includes room and board and the use of Esalen facilities). Register through Esalen Institute, Big Sur, CA 93920, (707) 664-2394.



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