

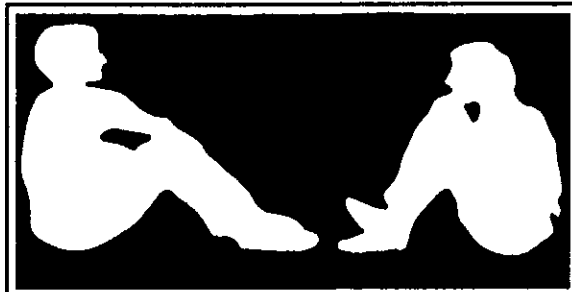
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# RENAISSANCE

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

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Vol. 4, No. 4, 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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## SECOND ANNUAL ADPCA MEETING

May 1988

Peggy Natiello, Chair

The New York-based committee is deeply immersed in organizing the next annual ADPCA meeting, to be held from May 26th to May 30th at INTERNATIONAL HOUSE in New York City. We have just toured International House for the second time, and are excited about our choice of sites. Its public space is gracious and versatile. It is situated on Riverside Drive, several blocks from Columbia University, next to the famous Riverside Church, and next to lovely Riverside Park. The student rooms at \$25 per night are simple and spare, but the price is impossible to duplicate anywhere in New York. Besides, registrants are sending in ideas about participation that seem to make the luxury of bedrooms irrelevant. The meeting agenda for this gathering is going to be full and exciting!

One of our agendas is to continue the kind of support and encouragement that Carl always gave to those of us who had not achieved fame, fortune, or even publication. Many times I shared an idea with Carl, and he would nod approvingly and say, "Why

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## A LOVER'S QUARREL WITH THE NON-DIRECTIVE METHOD

Charles J. O'Leary, Ph.D.

Center for Studies of the Person

"I too, dislike it. . . ."

Marianne Moore,

"Poetry"

The author is fully aware that Client-Centered Therapy, or later, the Person-Centered Approach, is a rich theory that is not limited to a specific technique or way of being. The non-directive method is, however, a phenomenon with which every student of Rogers has contended with delight, frustration, or, most frequently, both. Listed below are some personal reflections on the non-directive method.

1) Any complaints about this method stand in grave danger of being permitted, understood, even clarified and, therefore, robbed of their chance to make waves, cause trouble, or attract attention.

2) The non-directive method has been a frightening training ground for avoidant people: It is a festering hotbed of implied tedious apologies for having opinions and ideas, or for

don't you write that up and try to publish it?" In that same spirit, we want to encourage some of you who have not participated as fully as you would like to in the past. Let us know how you would like to be involved. Is there a demonstration you would like to do? Some research you want to share? Are you working on seed ideas, or have writer's block, or have tentative papers that you are afraid to share? Do you feel hesitant because you've never been published? Muster your courage to the sticking point, and bring your tentative ideas along; try to get some feedback on them; test them out with the practioners in the person-centered approach who are already working in the area of your interest, or those who have more experience in getting things published. We are called the ASSOCIATION FOR THE DEVELOPMENT OF THE PERSON-CENTERED APPROACH. Let's make this meeting one where we nurture one another's professional development and, simultaneously, the development of person-centered theory, research, and writing.

The theme of the meeting is WHERE THEORY MEETS PRACTICE. That means there is room for demonstrations and processing of our own work, as well as theoretical presentations. Although our mailing only went out three weeks before this writing, Wayne Anderson has already agreed to hold a demonstration interview with a family (if we can find one brave enough, and we think we can). Since family therapy and the PCA figured consistently in suggestions people have submitted, we will probably invite a panel of participants to discuss their practice of family therapy. Let us know if you want to participate in that. John Shlien has hinted that he and Jules Seeman might have a paper to present. Ann Weiser will do a demonstration of Focusing. A number of people seem interested in presenting their work with intercultural groups, and Curtis Graf and I are thinking of writing about and working with the ideas we have about the person-centered approach and gender issues.

We already have registrations from all over the country - from Massachusetts to California - and others are expected to come from overseas. But the deadline for registration is APRIL 1ST! We are unable to guarantee rooms at International House after that date, and we must finalize our requests for space. We urge you to help us out and to assure your own space by registering early.



#### NEWS WANTED

One of the things which makes Renaissance vital and interesting is input from our membership. Therefore, I would like to encourage you to take a few moments to consider whether you might have something you could share with other members. A variety of items would be desirable. Some of them might include:

- 1) Ongoing projects, workshops, presentations
- 2) Research in progress
- 3) University courses taught
- 4) Personal learnings
- 5) Editorials and/or position papers
- 6) Brief papers on person-centered issues
- 7) Poetry, artwork
- 8) Humorous pieces, cartoons
- 9) Quotations
- 10) Chapter news
- 11) International news and activities
- 12) Summaries of workshops attended (or presented)

Surely there are other items you might offer. If we all think of ourselves as reporters then we will have a richer and more representative newsletter. I will look forward to hearing from you. Enclosed is a Newsheet for your convenience. If you would like something included in the next Renaissance, I will need in no later than February 1, 1988.

caring that someone acts one way rather than another.

3) It may give New Yorkers high blood pressure to practice this approach for even fifty minutes.

4) Some non-directive therapists have spent long days pretending to be interested in their client while fighting their desire to yawn.

5) This style can be a form of etiquette rather than a passionately lived out expectation of clients' own ability to direct themselves.

6) It can take soooo long.

7) In its emphasis on Process, this style has robbed many people of the recognition of good old, complex, troublesome, and unyielding Content.

8) In groups, this method has given opportunities to the bully, the most disturbed, and the most narcissistic to flourish, and the leader to abdicate.

9) This method can discourage the creativity of therapists who love words, have imagination, and whose challenging spirits could move people into direct, life-affirming action.

10) In education, it can be the opposite of merit. The unprepared, the uncared, the unthoughtful, and the unfocused are encouraged to give forth with that which is not their best.

11) Some people are not interesting enough for all the attention they receive, nor moral enough for all the permission.

Of course . . .

12) One non-directive therapist, who has a capacity for empathy, congruence, and respect, can be more refreshing and sustaining than one hundred smirking practitioners whose eyes gleam with the next lesson their clients should learn.

13) Directive therapists have been ashamed to find out that on the average they speak six times more than non-directive therapists.

14) Many people have become enchanted by, and indeed count as a turning point, their first realization that they could speak or not speak; utter monosyllables or nonsense; blurt out terrible things; brag; speak in cliches; lie or tell unpleasant truths -- and yet feel received as a person in the process of growth.

15) This method is accidentally discovered again and again by the wisest, the most free, and most life-affirming friends and guides.

16) A client of Carl Whitaker's was asked what, out of all his years of therapy, had finally cured him. "Oh, it was one hour. One day you and Tom Malone and I were here for a whole hour and no one was up to anything!"

17) The non-directive method has led me to the conviction that I can give no greater gift than to relax and, meaning it, ask a friend or a colleague to simply go on as they like.

18) When I was inexperienced, I was non-directive because I was frightened and didn't know what else to do. With more experience I became more directive as I became confident and eager to be of assistance. With still more experience, I am again becoming non-directive, as I find more people who, though eager to receive thoughtful help, are hungry for understanding attention.

19) Carl Rogers has remarked that if he really did think that he knew what a client should do better than the client did, he would be obligated to tell him or her. Apparently he never, or rarely, did.

20) This is an adventurous, devil-may-care, generous, and temporary abandonment of conventional good sense, in hopes of discovering that which is most fresh, unique, and ineffable.

21) Has the non-directive method failed to catch more people in mistaken ideas than it has encouraged others in the search for the highest quality of inner truth? I don't believe we'll ever know.

"Reading it, however, with a perfect contempt for it, one discovers in it, after all, a place for the genuine."  
Marianne Moore  
"Poetry"



WITH HEARTFELT THANKS

Many of you made generous contributions to the Association in 1987. Each individual contribution created in me an appreciation for your kindness and your support of ADPCA and its purposes. A significant portion of your gifts were used to provide ADPCA memberships to persons who otherwise could not afford to join us. On behalf of myself and the Association, I wish to thank the following persons for their kindness.

- Antoinette Chase-Arnold
Carol C. Delacruz
Ruth Don
Thomas Gordon
Jeff Hauser
Bob Lee
Bruce Meader
Gerald Sanger
Ephraim Schneier
Alberto Segrera
Margaret Winter
Ruth Wullschlegler



LIBRARY SUBSCRIPTIONS

If your college or university library does not subscribe to the Person-Centered Review, would you recommend it to them? Most libraries don't subscribe to new journals unless a faculty member goes to the library in person and makes a request for the journal. Consequently, only a very few libraries have yet subscribed to the Person-Centered Review. It would probably help to take a copy of your journal to show your librarian. Keep in mind that most students don't buy journals. Therefore, if we wish to make our work available to more students (and university faculty), your library is an essential resource. Any assistance you can offer will be greatly appreciated by the editors of the Person-Centered Review.

NEWSLETTER STAFF

- David J. Cain, Editor
Victoria A. Kuhl, Associate Editor

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.

MEMBERSHIP RENEWAL

Association membership fees for 1988 are now due. For the third year in a row, membership dues will remain the same: \$45 in the U.S., \$50 outside the U.S. If you became an Association member at any time during 1987, your 1988 membership fees are now due. Membership benefits include subscription to the Person-Centered Review and Renaissance, a copy of the Membership Directory, and discounts on the Tape Library and Annual Meeting. To renew your membership, please fill out the application form below and send your check, payable to: Person-Centered Association. Checks from outside the U.S. must be negotiable checks drawn on a U.S. bank (e.g., traveler's checks, money orders, cashiers checks).

MEMBERSHIP RENEWAL

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip: \_\_\_\_\_

General Membership: \$45.00 (\$50.00 if outside the U.S.)

I would like to make a contribution of:

\$100 \_\_\_\_\_ \$50 \_\_\_\_\_ \$25 \_\_\_\_\_ \$10 \_\_\_\_\_

Make check payable to "Person-Centered Association"

Send To: PERSON-CENTERED ASSOCIATION
2831 Cedarwood Way
Carlsbad, CA 92008 U.S.A.

LIVING NOW INSTITUTE

On July 15 - 24, 1988, the Living Now Institute will hold a meeting at the University of California campus in San Diego. The theme of the meeting will be A Way of Being . . . In Change. Our guest speaker will be Hugh Prather, author of Notes to Myself and other works. We will work together to clarify our most deeply held core values, to understand the many changes we face as individuals, and as members of systems and cultures, and we will explore how to impact these changes ethically, imaginatively, and constructively. Resident staff for this event will include Gay Swensen, Norm Chambers, Nel Kandel, Charles O'Leary, Arlene Wiltberger, and Alberto Zucconi. Tuition is \$450 for individuals and \$800 for couples. This includes room and board. For information write to Gay Swenson, Center for Studies of the Person, 1125 Torrey Pines Road, La Jolla, CA 92037. Phone: (619) 459-3861.

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 hypotheses, 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 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 Person-Centered Expressive Therapy Institute presents an international training for professionals to expand their skills in using the creative arts in therapy and counseling with the person-centered approach. Through movement, art, writing, sound, improvisation, and imagery, participants develop experiential and theoretical understanding of the transformative power of these non-verbal healing arts.

Level I - July 11-17, 1988 (6 days)  
Level II - July 21-31, 1988 (9 days)  
Level III - January 1989  
Level IV - Summer 1989 (Internship)

Location: Isis Oasis, a retreat center north of San Francisco.

Faculty: Natalie Rogers, M.A., Certified Expressive Therapist, founder and director of the PCETI; Ben Hedges, M.A., M.F.C.C., Director of Expressive Arts Therapy, Graduate Psychology Department at JFK University; and Frances Fuchs, M.A., Certified Expressive Therapist, and co-founder of PCETI.

For information, call or write: Person-Centered Expressive Therapy Institute, 1515 Riebli Road, Santa Rosa, CA 95404 (707) 523-0203.

CONFERENCE ON THE  
PERSON-CENTERED APPROACH

The Warm Springs Rehabilitation Center in Warm Springs, Georgia will be the site of a conference on the Person-Centered Approach, sponsored by the University of Georgia's Person-Centered Studies Project. The meeting will be held from February 24-28, 1988, at a cost of \$100 per person (\$75 for students). Cost includes room and board. Topics on the conference agenda include: Major issues in the application of person-centered principles to diverse areas; individual psychotherapy from the client-centered perspective; and conflict mediation. For more information, contact Jean Stewart before February 1, 1987, at the Roosevelt Institute, PO Box 1000, Warm Springs, GA 31830.



NEWS SHEET



SCHOLARSHIP FUND

David J. Alpert (60 Fremont St., Somerville, MA 02145) has begun a private practice in person-centered therapy and therapeutic touch. He is also interested in forming a Person-Centered Association in New England. Possible projects might include: a) community workshops; b) creation of a person-centered practitioner learning program; c) networking for personal and professional support; d) creating PCA demonstration videos, and e) increasing the visibility of the PCA in the community.

Sharan B. Merriam (College of Education, University of Georgia, Athens, 30602) announces that the Qualitative Interest Group of the University of Georgia is holding a conference on Qualitative Research in Education, January 25-28, 1988.

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.

PERSON-CENTERED ASSOCIATION



2831 CEDARWOOD WAY  
CARLSBAD, CA 92008



NEWSHEET  
of the  
ASSOCIATION FOR THE DEVELOPMENT OF THE  
PERSON-CENTERED APPROACH

In order to provide information about members and their ongoing activities and projects the Editors of RENAISSANCE invite you to share what you are doing with others interested in the Person-Centered Approach. Short articles (500-100 words), personal comments and letters to the editor are also welcome.

Please return the Newsheet by: *February 22, 1988*

(Please Print or Type)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

**1. Announcements of Activities and Events**

Activity: \_\_\_\_\_

Purpose: \_\_\_\_\_

Dates: \_\_\_\_\_

Location: \_\_\_\_\_

Cost: \$ \_\_\_\_\_

For information write (name, address and phone):

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**2. Personal News and Comments**

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**3. Papers or Projects in Progress:**

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Return to:      Person-Centered Association  
                    2831 Cedarwood Way  
                    Carlsbad, CA 92008