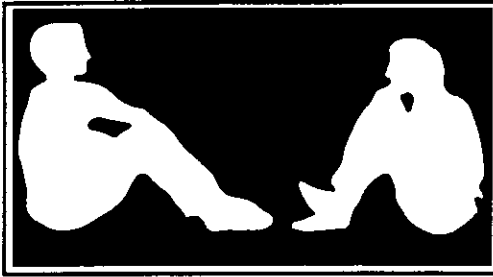


RENAISSANCE

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



Volume 5, Number 2, 1988

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

RESPONSES TO ADPCA MEETING - MAY, 1988

PEGGY NATIELLO: For those of you who couldn't attend, the ADPCA meeting in New York was wonderfully successful. Partly that was due to the enthusiasm with which the participants decided to present. We ended up with a glorious smorgasbord of offerings which included theory and research; education; a closer look at the three conditions; Vipassana meditation and the person-centered approach; consideration of the compatibility of Rogers' work with Milton Erikson and with psychoanalysis; AIDS education and the person-centered approach; demonstration interview with a family; audio tape of a family session; client-centered therapy with children; presentations on focusing, person-centered partnering, large groups, etc. All in all, the variety was wonderful, and the presentations were carefully wrought, impressive, and generally inclusive.

There were daily community meetings where the practice of the person-centered approach was put to the test, and where meaningful personal encounters as well as theoretical debates took place. There were explorations of our way of working together organizationally that I believe were radical and crucial. I hope they will continue. There was movement, meditation, and Traeger (a type of body work) to meet the hopes and needs of persons who had requested that. There was a glorious mixture of people from all over the world—England, Scotland, Switzerland, South Africa, Germany, Hungary, Canada—as well as from all over the United States.

I appreciate the people who convened the first ADPCA meeting in Chicago, because we used their model which was participatory, successful, and soundly reflective of the philosophy to which we subscribe. I am proud of the diversity of our own on and off site committees because I believe that diversity was reflected in the final event. In keeping with my own belief system, I trusted completely that the meeting would be unerringly successful once we had all gathered. Despite all the last minute horrors of organization (like lost beds, missing people, financial frenzy) I knew that the group could be trusted to move in the direction of enhancement and positive growth once it formed. It did, and I have grown.

COLIN LAGO: . . . just wanted to write a few lines to say thank you so very much to you and your organizing

committee for all the work you put into the ADPCA conference held at International House recently. I thoroughly enjoyed the opportunity you laid on for us and many other people with whom I was in conversation confirmed that. So thank you and I would appreciate it if you could pass my gratitude on to the others.

JOHN SHLIEN: . . . wonderful presentations for a change. Congratulations to all of you for a fine meeting.

JULES SEEMAN: The meetings sounded so good. What comes through most for me is the sense that the persons there were so fully present. There aren't many meetings with that kind of quality. It fits, too, that the group didn't squeeze themselves into the old organizational molds, but wanted to stay loose.

PEGGY GAYNOR: I found the conference a growthful, stimulating place to be, and I'm so glad I was able to be there. I found connections with others which I treasure, and have carried away questions and thoughts which will keep me busy for some time. How I appreciate all that you on the on-site planning committee did for us all. Thank you *all* enormously!

ANN WEISER: I just wanted to tell you what a *wonderful* conference that was, and how grateful I am to you all for all that you did to make it possible both before and *during* our time together.

BARBARA BRODLEY: I thought the meeting was *very* good—completely successful. Thank you and your committee for all the effective work!

CHARLES K. STUART: I found in New York personal restoration, affirmation, and excitement in a new trust that differences can be growthful. Prior to then I had begun to seriously question—sometimes even doubt—the viability of what I had for so long believed to be growthful. The clear articulations from a variety of perspectives were renewing for me.

I could scarcely believe the sudden change in our community on Sunday evening—and continuing

(continued on page 2)

Responses *(continued)*

throughout our conference—when a deepening level of respectful listening and responding emerged among us. It was not until then that I knew this was a place for me to feel valued in a community safe for nakedness. I am indeed revitalized!

JAMES R. IBERG: What happened in our last meeting, particularly how many people shared grief and sadness, seemed so healing in multiple ways. I think that this could happen was an indication of the achievement of high quality interpersonal conditions we were providing to each other, among other things.

I was reminded of a healing story I was told after the deaths of my parents in 1979, by my friend, teacher, and colleague Dr. Arwind Vasavada. What Arwind told me went like this:

“There was an aging woman whose only son was her pride and joy. But he’d become more than that, as he was grateful for her love and guidance and devoted to caring for her needs, which were increasing. Sadly, he was killed in an unfortunate accident. She was desolate and inconsolable. She could not imagine life without him and could not accept that he was gone.

She heard from a friend that the Buddha could restore someone’s health and even one’s life. Her hopes soared, and she set out to find him. Eventually she did, and she begged him to bring back her son. He told her this: ‘What you must do is go from house to house in your village to get a few mustard seeds from a home in which no one has lost a loved one. In this search, you will find what you seek.’ ”

In that last meeting, it seems to me we became such a village, with many of us seeking and finding in the exchange.

When I arrived home on Memorial Day, I received the news that my Uncle Henry had died, in the same hour that I had spoken of the beauty of his tenacity in my session on “enjoyable beauty.” Having had the experience in this community was excellent preparation for me to attend his wake and funeral, enabling me to be with family and friends in a very congruent, empathic, and peaceful way. I think such “ripple effects” are one of our important, gentle means of social action in the person-centered approach.

SENGA BLACKIE: As the conference got under way I began to realize just how important this event was going to be for me both personally and professionally. My most recent and largest, large group experience had been with approximately 200 people who were involved with and interested in “counselling.” The reality of this gathering did not, for me, reflect the philosophy of counselling and I came away from it angry, dissatisfied and slightly disjointed. So, here I was again with a large group of people who were interested in and involved in counselling in a person-centered way. Did they mean it? Would the practice reflect the philosophy? My relief grew as I knew, yet again, that people can get together and because of/despite differences they can really begin to get together in a climate of trying to understand, respect and value each other.

The Shave

—Paul Ferrer

My wife was six months pregnant
and you lay dying
I suppose there is a season for everything
my competent father
lying in a hospital bed
after a stroke
with tubes in his nose
unable to talk

I needed you then
and you were leaving this earth
your life did not follow my schedule
and I looked at you
cut off at your knees

I felt so sad
and the only thing I could do
at that point
was to shave the stubble from your face
hoping to make you more comfortable
tenderly holding your face in my hands
then telling you
through muffled sobs
that I loved you

not wanting to make you upset with my tears
feeling afraid of your helplessness
feeling afraid of my own
and you died
and a baby was born

and perhaps small acts of genuine human connecting
are really more important
than those extravagant gestures
we all seem to use as mileposts

PEGGY GAYNOR: Coming home from our conference in New York represented a shift to me which feels fairly dramatic. It’s not that I don’t have friends or good relationships here, or that there aren’t wonderful people whom I treasure for a lot of reasons. But the feeling of a community of people gathering for the reasons we do—to make an effort to know one another, to make a concerted effort to hear each other—even where the outcome is ragged or full of conflict, feels very affirming to me. It’s different from any group where I gather in my everyday life. Where else, I wonder, besides our person-centered gatherings, is that effort so tangible? It’s far from perfect there, even, but the combination of the intention and effort I feel is very meaningful for me.

Sometimes when a person asks for more of another, or makes some kind of statement which feels to me like a demand, I feel uneasy. But lately I’ve been seeing even that dynamic a little differently: that the presence of a person matters a great deal, that each one’s presence is important, so that if one person seems not to be able to “find” another, it matters to that person so much they’d almost do anything to get the person “found.”

The atmosphere I experienced in New York made it seem very natural for me to reach out to other people. Not in the large group, it's true, because speaking there is not natural for me just now. But that large group gave me access to individuals with whom I could connect later, in a way that worked for me. I'm glad for that.

Even though our differences as persons are legion, I find a common spirit as I listen and experience our gatherings. Strangely for me, I find more feelings in common with people from very different cultures than I do at times with those I supposedly know from my own culture. I wonder what that's about. I come away from our meetings with many questions which is good, I suppose, or at least it's good for me.

CURTIS GRAF: I thought the ADPCA meeting in New York was a great success. The mix of group meetings and theoretical presentations created a rich and diverse experience. I was nourished personally and professionally and look forward to our Georgia meeting 1989.

At one of the large group meetings, I raised a topic that is very important to me—gender issues and the person-centered approach—and I was again reminded of the misunderstanding and defensiveness around this topic. I stated, in response to Nat Raskin raising the question of why the person-centered approach hasn't gained wider acceptance, that I believe the person-centered approach faces the same resistance that the feminist movement faces in this patriarchal society. For example, the person-centered approach emphasizes both traditionally feminine and masculine qualities, and as such, is both consistent with feminist values and in sharp contrast to most other therapeutic and educational approaches. My point was lost, however, because of the many emotional reactions and misunderstandings that followed for the next hour or more. Intense feelings often get raised around the issues of gender, because these issues invariably involve power.

A topic that certainly involves power is money. I was struck, upon leaving the New York meeting in May, that there wasn't some reporting of the ADPCA's finances. I think it is important that finances be reported to the association, and have therefore followed through on the coordinating committee's decision to publish the budget for the May, 1988, annual meeting in *Renaissance*.

Our income:

Registration Fees	\$10,696
Seed Money ADPCA	200
Donations	1,074
Rooms Paid	9,170
Total	\$21,140

Our expenses:

Rooms - Participants	\$ 9,170
Rooms - 9 Coordinators	1,010
Rooms - Meetings	200
Rooms - No shows	300
Rooms - Scholarships	480
Scholarships (food)	240

Catering (coffee, party, band)	1,967
Travel - 9 Coordinators	529
Postage	775
Phone and Telegrams	1,368
Printing	625
Miscellaneous	746
Total	\$17,410

The coordinating committee agreed to send Jerry Bozarth and his group the sum of \$1,500 for seed money for the Third Annual ADPCA meeting in Georgia. That would leave a profit of \$2,230 from the 1988 annual meeting, which will be returned to the Association.

At the May meeting, a number of people raised the question: "How are decisions made in this Association?" For example, how are decisions made about the expenditure of funds such as the profits of the annual meeting or any other source of income? As a member of this Association, I want to suggest two things. First, that an annual budget be distributed to all members itemizing our income and expenses. Second, I want to suggest that the members be given the opportunity to have input into all decisions regarding any profits the Association has accumulated. I believe more of the members need to take a more active role in decision-making if we are truly an Association based on the person-centered philosophy of shared power.

CAROL WOLTER-GUSTAFSON: When I think of our last meeting together, I think of liveliness, exchange, sadness, energy, excitement, frustration, compassion, requests for practical help, and poetic offerings. That variety of expression and spirit is what I would like to invite within the pages of *Renaissance*.

As most of you know, David Cain founded the newsletter in 1984 and has nurtured his creation since then. Many people have offered their support for his initiative with their articles, reports, book reviews, and essays.

As the business meeting in New York turned to the subject of redistributing responsibility within the Association, I offered to take leadership for *Renaissance*. I explained that while I had some vision for its direction, I felt that without direct University support, publishing would be too much to take on alone. Moments later Curtis Graf stated his own investment in *Renaissance's* future and volunteered his considerable printing and publishing experience. Thus, we agreed to take joint responsibility for *Renaissance* in the coming year.

We turned to the community for their feelings about our initiative. Many people noted that while David Cain had conceived and given birth to *Renaissance* in its present form, it remains for the group to decide its fate. A primary question we asked was, do we choose to invest our time, energy and financial resources in the newsletter. Association members expressed their definite support for maintaining *Renaissance* and for our taking leadership. We see ourselves as a clearinghouse for your creativity, while the investment in *Renaissance's* continued existence and growth rests with you.

OPPORTUNITIES

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 Road, La Jolla, CA 92038 (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 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 professional skills and personal growth are both enhanced within the same group. In my judgment, it is an excellent laboratory for producing growing professional persons."

Staff: Peggy Natiello, Curtis Graf, and guest seminar presenters. For brochure, write to either Curtis or Peggy at PO Box 271, Port Jefferson, NY 11777 or call (516) 331-2061

Fourth International Forum for the Person-Centered Approach

August, 1989, Rio de Janeiro, Brasil. For information write, Marcia Alves Tassiari, Rua Fonte da Saudade, 87, Lagoa, 22471 Rio de Janeiro—RJ Brasil.

Third Annual Meeting of the Association for the Development of the Person-Centered Approach

Spring, 1989, Atlanta, GA (area), U.S.A.. For information write, Jerald Bozarth, 1160 Hunting Creek Lane, Watkinsville, GA 30677, U.S.A.

International Conference on Client-Centered and Experiential Therapy

September 12 through 16, 1988. In Leuven, Belgium. For information write, Counseling Centrum, Blijde Inkomststraat 13, B-3000 Leuven, Belgium, or call, (016) 22.06.64.

A Weekend Community in the Person-Centered Approach

A weekend experience designed for personal growth in community, with person-centered facilitation, October 21-23, in the colorful woods near Hebron, Connecticut. Tuition \$95 total, includes comfortable lodging and meals. For more information, contact Charles K. Stuart, 83 June St., Worcester, MA 01602, or phone (508) 755-6611.

A Video Documentary

"The Creative Connection: Self Expression As A Path To Personal Empowerment"

This lively 29-minute video demonstrates the dynamic interaction of movement, art, sound and writing in a person-centered environment. Natalie Rogers and participants in the Person Centered Expressive Therapy Institute Training Program discuss the theory and applications of this work as well as their own personal growth process. Excerpts of a counseling demonstration—Natalie with Barbara—show the effective application of art therapy as a tool to connect with the unconscious. This video is excellent for courses in person-centered counseling, creativity, expressive arts, transpersonal psychology, or for your personal enjoyment and inspiration.

To order, send \$33.75 (\$29.95 for video + \$1.80 California sales tax and \$2.00 shipping and handling) to: Person Centered Expressive Therapy Institute, 1515 Riebli Road, Santa Rosa, CA 95404 (707) 523-0203.

PCETI to Sponsor Three Courses in Fall 1988 at Sonoma State University

The Joy of Creativity, September 17 & 18; Creativity, Healing and Self Empowerment, October 1 & 2; Person Centered Expressive Therapy Introductory Weekend. (Will develop into a full Level I with sufficient participants.) October 19, 7-10 pm, October 22 & 23, etc.

GOOD IDEAS DEPT.

—Barbara Brodey

Fifty-five dollars was collected at the annual meeting for ADPCA membership scholarships. These donations are earmarked for group memberships for people in countries where the dollar is excessively expensive or not available—such as Hungary, East Germany, Mexico, etc.

A group membership is one where two or more people agree to share the materials sent to a member. One person in the group agrees to receive the materials—*Renaissance*, the Person-Centered Review, and any other mailings. Each person in the group is on the membership list as an individual member and has the privileges of an individual member. But only one set of materials is sent. This way the cost of such a membership can be the minimum cost for one member, but many more people can be members and linked with us.

Send donations to ADPCA and indicate you wish the money to go to this kind of membership.

WITH APPRECIATION

Diversity is a staunchly defended value in person-centered circles, but we believe there is unity of sentiment thanking David J. Cain for his work in establishing and nurturing *Renaissance* for the past five years. Reflecting on the newsletter's origin, David recalls being inspired by his attendance at the forum in Norwich, England, particularly by the vitality of Carl's work throughout the world. The title *Renaissance* captured the spirit of renewal he hoped to help create in the United States. Through his initiative, perseverance and talents David created a valuable resource for person-centered practitioners. We would like to express our appreciation for his commitment lived out in the day-to-day headaches and joys of editing *Renaissance*. Thanks also go to Patrick Lee and Victoria Kuhl.

—Carol Wolter-Gustafson and Curtis Graf

ENABLING COMMITTEE CONTINUES

—Julia Leete Rabin

At the business meeting, people volunteered to be involved in the decision-making process of the Association through the multilogue. In an effort to promote shared responsibility for decision-making, I have agreed to become the coordinator of the Enabling Committee's multilogue which means I receive and distribute whatever materials come to me from that committee.

I am excited to take part in this process. I look forward to the dialogue about the issues at hand and participating in how decisions are made in our person-centered community.

I have contacted those who volunteered. If you want to join the process, please contact me by August 31st at: 505 Winchester Road, Warwick, MA 01364 1-508-544-7414

Background on Enabling Committee

The Enabling Committee was formed during our ADPCA business meeting which took place during the Third International Forum for the Person-Centered Approach in La Jolla, August, 1987. Since that time, the Enabling Committee, composed of twelve ADPCA members, has addressed issues about our purpose and how we proceed together through the use of a multilogue. The multilogue is a communication system in which participants share their thoughts in written form with all other participants. This is accomplished by distributing all participant's responses in a group letter. After each committee member reviewed the responses of all other members, each then wrote their reactions and any new ideas they had. The responses were compiled and printed in the last *Renaissance* (Vol. 5, No. 1, 1988).

RENAISSANCE WELCOMES NEW EDITORS

—David J. Cain

I am pleased to announce that *Renaissance* will now be in the capable hands of Drs. Curtis Graf and Carol Wolter-Gustafson. Curtis is the Co-Director of the Center for Interpersonal Growth in Port Jefferson, New York. Carol is an Adjunct faculty member at Lesley College, Cambridge, MA. Both were involved in planning our second annual ADPCA meeting and have been active participants in ADPCA since 1985. I trust that Carol and Curtis's enthusiasm and commitment to their editorial responsibilities will result in a newsletter of quality, interest and usefulness to ADPCA membership. I hope you will support and assist them with your ideas, news of your activities and articles, poems, humorous pieces and anything else you think would be of interest.

On a personal note, my work as editor of *Renaissance* over the last five years has been extremely gratifying. It has been a pleasure to know and work with the many persons who have contributed, in many ways, to the production, development and quality of *Renaissance*. I especially wish to thank Patrick Lee and Victoria Kuhl who were immensely helpful to me in their role as associate editors. While I will miss the gratification that comes from providing something of value to our Association, I look forward to having more time to devote to writing and the continuing development of ADPCA in the United States and abroad.

PERSONAL NEWS

The Soviets have invited Natalie Rogers to present workshops in "Fostering Creativity" in Moscow and Leningrad in 1989. She will also be the keynote speaker for the Silver Anniversary Conference of the Association of Counseling and Development in Colorado. She is teaching "The Self As Clinician" at JFK University.

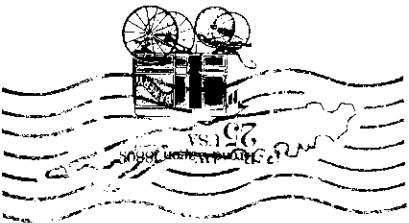
For information write, Natalie Rogers, Director, Person Centered Expressive Therapy Institute, 1515 Riebli Road, Santa Rosa, CA 95404 (707) 523-0203.

CALL FOR RESPONSES

In the next issue of *Renaissance*, we're featuring three questions raised by members at the annual meeting in New York: 1) Questions of how we use power and how decisions are made? 2) Is it necessary to make a theoretical distinction between the person-centered approach and client-centered therapy? 3) What visions do we have for *Renaissance*?

Please send us your responses to any or all of the above questions, as well as your reactions to this edition of *Renaissance*, no later than September 30th.

Carol Wolter-Gustafson Curtis Graf
50 Hampstead Road PO Box 271
Jamaica Plain, MA 02130 Port Jefferson, NY 11777



Renaissance
P.O. Box 271
Port Jefferson, NY 11777

Invitation to Join ADPCA

MEMBERSHIP BENEFITS INCLUDE:

- Subscription to the *Person-Centered Review* (quarterly journal);
- Subscription to the Association's newsletter, *Renaissance* (quarterly);
- A copy of the Association's Resource Directory;
- Free listing in the Directory;
- Discounts on the Association's Annual Meeting;
- Discounts on the Association's Tape Library.

APPLICATION

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____

ZIP: _____

General Membership: \$45.00 (\$50.00 if outside the US)

I would like to make a contribution of:

- \$100 \$50 25 \$10

Make check payable, and send to:
Person-Centered Association
2831 Cedarwood Way
Carlsbad, CA 92008