

A First-Timer's Perspective

The May ADPCA meeting in Evanston was my first. I thought a first-timer's experience might be of interest to some of you. It took time to order things so I might communicate effectively, and that bespeaks the multidimensionality of my Evanston adventure. Let me share a few things in the approximate order I experienced them.

◆ Barbara Brodley's workshop on foundations and fundamentals of P-C and C-C psychology was very effective for me. I particularly liked learning from listening to Carl and the workshop's experiential component.

◆ The large community group meeting is extraordinary. For thirty years I have endorsed person-centered concepts about psychological community, but outside of sensitivity group happenings (which had some artificial flavoring) this was my first time to experience *a natural* the actualization of Carl's ideas. Somewhere I read that person-centered folks do not do well with "negative" feelings and behaviors; the first meeting certainly dispelled that notion for me.

◆ The small group daily meeting is quite valuable. This time with nine other people gave me the opportunity to focus on *and be* person-centered principles, like organismic valuing and careful, empathic listening. I would guess that this experience is particularly valuable for members who are not day-to-day practitioners.

◆ The food was fine—a cut above the fare served at my university; but I don't go to professional meetings for four-star experiences. I liked very much the communal dining room; I had the chance to meet a number of different folks over the proverbial coffee and roll. All the Kendall folks were friendly and helpful. I stayed at the Orrington; accommodations and service were excellent for a North American hotel.

◆ I presented a research report during one of the hour and a half sessions. Accustomed to the 12 or so minutes allotted at most conventions, I wondered what would fill the time. The answer is people do. I found that everyone focused on what I was saying, and this made me feel more like a participant in the meeting rather than a lecturer "drowning on" to a passive, luke-warm audience. From someone who has been drowning on at APA-style conventions for 25 years, believe that the ADPCA way is vastly more...more...hmmm, there's no other expression but, person-centered! A note: If the gentleman who raised the question regarding the denial/distortion process and organismic experience reads this, many thanks to you. Your careful thinking got me to reflect more carefully about what a psychological facade is. I regret I cannot retrieve your name; I was just inundated on this trip. Please make contact if you read this, and thanks again.

I close with a regret and a suggestion. How could things be arranged so that folks wouldn't have to decide between two valued sessions occurring at the same time? I tried dodging in and out to catch a bit of two simultaneous sessions, and this didn't work for me. About "special-interest" subgroup meetings: I wanted to call one relative to folks concerned about the representation of person-centered psychology among university faculties. Might people during the large community meeting express their desire, without extensive explanation or discussion, to meet with interested others and offer at least two times for this to occur? For me, the special-interest topics would be melded with the overall association experience if those requesting the special meetings would later offer synopses of what happened. These could be given at the closing large group meeting where everyone would have a chance to express his or her thoughts and feelings on the special topics.

My thanks to Noah Tremaner and the "Evanston crew" for making my first ADPCA meeting memorable. I look forward to the next one.

Guthrie Ford

Love Is...

Like the fire that Warms

On the Coldest of days,

Like the Gentle tide

Bearing Salty sprays,

Like snowflakes in Sunshine

Caressing our face,

*Like Finally finding our
rightful place.*

*Bringing Peace to our
nights,*

And Joy to our days.

Being grateful and Thrilled

We've Joined in this way.

David J. Alpert