

EDITORIAL

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The work of producing this 21st century volume of *The person-centered Journal* has been humbling. I am extremely grateful to the authors, reviewers and editorial staff who have made possible my first issue as your Editor. I want to especially thank Jo Cohen Hamilton for countless hours of work in every aspect of publishing- even to the point of submitting her own article for review. I also extend a hearty welcome our new Lay-Out Editor, Lauren Hancz!

This issue of *The Person-Centered Journal* is focused on therapeutic applications of the person-centered approach. Consistent with this journal's tradition of pushing the envelope of what defines person-centered work, the paper by Grigoris Mouladoudis examines differences and similarities between the therapies of Carl Rogers and Martin Buber, and a new, synthesized theory developed by Alexander Kosmopoulos. Mouladoudis challenges us to consider the cultural relevance of earlier theory, and concludes that Kosmopoulos' "Shesiodynamic" approach remains client-centered while incorporating existential and other concepts consistent with the Greek world view. Another paper by Alexander Kosmopoulos further explaining his theory is planned for a future edition. I hope readers will be encouraged to contribute their own scholarly responses to their work, as well as contributing papers which examine the relevance of client-centered therapy in other cultures.

John Keith Wood has contributed another theoretical paper integrating Rogers' work with human evolution. He considers the evolution of consciousness and to a degree, its intersection with technology. Wood holds that psychotherapists require creativity and new abilities to remain centered on the person in the context of cohort and zeitgeist changes. Reviewing evolutionary developments in human communication, he relates his own discovery of the need to be changed by experience to the development of language, writing, telephones and the Internet. The impact of the person-centered e-mail network on our abilities to relate individually and in community are well worth considering in this twenty-first century volume.

Ellen Mriga applies her personal experience as a psychotherapy client to further the development of Person-Centered (person-centered) theory. Drawing from the developmental work of Josette and Sambhava Luvmour, Mriga suggests that therapists can use knowledge of child development to build a broader context in which adult client experiences can be better understood. Papers suggesting other ways in which the concept of empathy can be expanded will be published in a future issue of *The Person-Centered Journal*.

Kathy Moon's article, "Nondirective Client-Centered Therapy with Children," presents clinical evidence of how the client-centered approach can be effective even when young clients are ambivalent about treatment and unable to put their feelings into words. Moon's honest description of her own difficulties maintaining a comfortable and safe environment and allowing a child to fail were easy for me to identify with. As a therapist I continually face choices about whether or not to impose limits and structure on vulnerable clients. Moon's conviction about the ethical and practical values of being nondirective will be comforting to new and experienced therapists alike.

Teaching a counseling method that has no "techniques" or treatment manual is quite challenging. Recorded and videotaped counseling sessions by Rogers and others are very useful, but risk giving beginning students the false impression that they need to be someone

else to be therapeutic. Hamilton, Carlson and Sabol have given us a splendid demonstration of how empathy can be taught in the graduate classroom. Hamilton's teaching model allows students to experience receiving, giving and critiquing empathy in a safe practical exercise.

Several years ago, Natalie Rogers gave a presentation on expressive arts therapy at the ADPCA conference in Redwood City, California. There was considerable disagreement in the community about whether non-verbal forms of therapy could be considered forms of person-centered Therapy, or not. In the following conferences the ADPCA communities clearly broadened their definitions of client-centered therapy and person-centered interactions. In this issue of *The Person-Centered Journal* Anne Geronimo and Ned Gaylin describe a person-centered Expressive Arts Workshop held in conjunction with a longitudinal psychotherapy group for incest survivors. The authors present quantitative and qualitative data to examine the effect of this pilot intervention on group process and psychotherapy outcome. I was particularly excited by their use of an A-B-A experimental design. This methodology, in which observations are made before, during and after an experimental condition, is primarily used in behavior modification studies. The application of an A-B-A design by Geronimo and Gaylin shows how tangible a person-centered intervention can be. Experienced empathy, well-being, and interpersonal congruence are examined from structured and unstructured client feedback as well as therapist's observations. The authors show some of the independent value of person-centered expressive art as well as the synergetic potential of combining this powerful therapeutic modality with conventional talking therapy.

Carl Rogers' dream of infusing person-centered values into type of social interaction is being realized and is growing. Recent ADPCA and APA conferences have featured presentations on person-centered business consultation, political campaigning and peace negotiations among other diverse applications of the three conditions. While the community of person-centered practitioners is growing around the world in diversity and numbers, with some notable exceptions we have not become a community of writers. Our Managing Editor, Jo Cohen Hamilton, and I have solicited articles from around the world. Our editorial policy of open review and assigning Associate Editors to work with authors whose original submissions are not ready for publication assures that we can maintain high standards without refusing the opportunity for new voices to be heard. Despite all this, my first issue of *The Person-Centered Journal* is embarrassingly late to press due to a shortage of articles.

Two special issues are planned for the future. One will be on the controversial concept of empathy without contact. Is it possible to empathize with a person known to us only by description or published self-disclosure? The second will be on person-centered responses to trauma. The recent terrorist attacks on New York, Washington and rural Pennsylvania, anthrax-laden letters, and on-going terrorism around the globe have generated fear, anxiety, sadness and a thirst for vengeance. We need to examine how person-centered attitudes and interventions can contribute to our individual and collective healing, as well as how we can help to solve the root causes of violence. Of course we will also continue to publish articles concerning any aspect of person-centered theory, applications of the person-centered principles to human interaction, and person-centered poetry and prose.

While we already possess a great body of literature, The Person-Centered Approach must continue to grow and adapt to changing times and diverse cultures, or it will die. The approach and our journal need authors who are willing to test, examine and share their work and experiences. Please write!

Policy Statement

The Person-Centered Journal is sponsored by the Association for Development of the Person-Centered Approach (ADPCA). The publication is intended to promote and disseminate scholarly thinking about person-centered principles, practices, and philosophy.

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