

EDITORIAL

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Lawrence Katz's (1999) *Keep your brain alive* [Workman Publishing] supported and encouraged my interest in a slightly different presentation of ideas for this journal issue. Katz demonstrated that exercising the brain by creating new links in brain behavior can be accomplished through deliberately manipulating one's kinesthetic relationship to the environment. For instance, one could deliberately take a new route home, or create work space changes, or use an alternate hand to wash the dishes. Neurobics is congenial with both a conscious behaviorism, as well as with humanism. On the behavioral side, the conscious decision to exercise the brain by altering the familiar has the potential to create new neural pathways. In humanistic terms, self-actualization represents being and becoming along a relatively flexible neural domain.

The relationship between neurobics and person-centered psychology and practice might be that, in the presence of the core conditions, individuals can enhance their brain flexibility. Indeed, members of the person-centered community have even accused themselves of being too flexible (often referred to as unstructured). This returns us to the initial issue—choosing to restructure this issue of the journal. Hayashi, Kuno, Morotomi, Osawa, Shimizu, and Suetake's *Japanese poetry* article kicks off this Millennium Issue. It is aptly followed by three extraordinary poetic pieces—Jere Moorman's *Person-centered haiku*; Armin Klein's *Interaction of poetries and poets*; and Barbara Hunter's *Accidental journey*.

Is neurobics a worthwhile endeavor? Sometimes in person-centered communities our ways of doing things (particularly in this instance to include tampering with the norms), can get us into trouble. Playing by the rules is, in a typically p-c way of thinking, a matter of an ongoing process that changes with a rather high degree of flexibility-- assimilating, absorbing, and accommodating the contributions of all members. My first reaction to my insight into reorganizing the issue presentation was enthusiastic. Even thrilling. Quickly I withdrew into an evaluative stance, concerned in particular, with how the issue might appear to the data base reviewers. Would *The Person-Centered Journal* (TPCJ) make the cut?

The Person-centered Journal will soon be submitted for consideration in an accessible psychology and social sciences data base. It is my hope that we will not be without availability to our public for five plus more years since having lost our publisher (when TPCJ was the *Person-Centered Review*) to a "too-small" distribution base. At this writing, a desktop printing approach, perhaps published under the name of the Association for the Development of the Person-Centered Approach (which owns the journal) is being considered

to replace Elliot and Fitzpatrick who has served our publishing needs well over the past five years. A change in publisher/printing represents yet another potential threat to the journal's appearance before a review board

The membership, I know, is eager to be able to access TPCJ via data base, to be able to readily refer others to its contents and to enjoy continued livened debate. Some say "THE PERSON-CENTERED APPROACH IS DEAD." At times it almost takes ones breath away to hear it. Others proclaim recognition and respect for the essential attitudes, but alas interpret person-centered therapy's reign to be concluded with its undeniable integration into other modalities. But the philosophy, methodology and practice of person-centered therapy is also unmistakably unique in its respectful and essentially non-directive stance toward the self-actualizing tendency of the client.

Hamilton's article (see this issue) provides evidence, once again, for the therapeutic effectiveness of person-centered qualities as well as extratherapeutic factors. It is reassuring that psychoanalysis has not been abandoned *despite* a rather pervasive (integrated) acknowledgment of unconscious motives, translated in ego behavior language, as represented through defense mechanisms (e.g., denial; projection, intellectualization, rationalization, displacement, sublimation, etc.). Person-centered therapists may even feel sympathy with the analysts who are also often criticized, and for whom managed care has threatened a short future. Hamilton's article additionally confirms that "brief therapy" is a partial fiction. The argument against person-centered (among other) practices on the basis of lengthiness of therapy doesn't wash. The data confirm an average nine to ten session counseling relationship- some individuals requiring considerably shorter; some considerably longer.

Perhaps the waning, criticizing and ostracizing of the person-centered approach is a natural part of its development following the passing of its father. We easily speak of Freud as the father of psychoanalysis; but applying the term to Carl Rogers is still a gradual one. Within the person-centered community we are experiencing what might be thought of as a maturational shift. Our understandings have in certain ways split us, and camp us into various "tribes." In this issue Margaret Warner illuminates the stage and various substance of this conflict. An analysis of Natalie Rogers' person-centered therapy demonstration video further embodies, embroils, and enlivens the debate. It is with trust and hope in the future, but without guarantee, that I submit this Volume 7(1) issue of TPCJ for your consideration and neurobic enjoyment.

I am eager to continue promoting person-centered scholarship throughout this final year of my first term as journal editor. While I hope to renew my position up the road, the imminent task for the ADPCA 2000 meeting in San Diego will be to finalize editorial nominations and elections. Nominations are also being received prior to the August meeting by Renaissance editor Paul Blanchard for Spring publication. My deepest thanks to the membership for their confidence and trust in my service as TPCJ editor, and with special thanks to those who have contributed through manuscripts, editorial and review service, consultation and emotional support, encouragement, and even commendations.

Carlson, J., & Kjos, D. (1998). *Psychotherapy with the experts: Person-centered therapy with Dr. Natalie Rogers*. (Eds.). Needham Heights, MA: Viacom.

Policy Statement

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