

# Encounter

*The newsletter of the World Association for Person Centered and Experiential Psychotherapy and Counseling*



Welcome to the third edition of **Encounter!**

This is the last edition before the 10<sup>th</sup> PCE World Conference in Antwerp, Belgium.

We have some announcements about the General Assembly of the WAPCEPC and the agenda items.

This issue also includes a call for papers for a special PCEP on case studies as well as the announcement of two new PCEP editors and a range of special issues for the forthcoming period.

James Iberg, a keynote speaker at Antwerp, has written a piece about his conference address.

This edition also contains a PCEP piece by Eoin O'Shea.

Two of the 2014 PCE Conference organizers, who will be present at Antwerp, have written some reflections as well.

We wish all participants at the 10<sup>th</sup> PCE Conference a fruitful experience at Antwerp!

**Lidia Fogliati, editor**

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## An invitation to be part of the October 2012 Issue

The newsletter editorial team is enthusiastic for you to share your thoughts and feelings in the newsletter. We would love to hear your ideas, suggestions and opinions. We are interested to hear anything that can contribute to having a more inclusive and attractive newsletter. Submissions should be no more than 500 words.

**Graham Westwell, Lidia Fogliati and Susan Stephen, WAPCEPC newsletter editorial team.**

**The deadline for submission is September 18<sup>th</sup>, 2012**

[newsletter@pce-world.org](mailto:newsletter@pce-world.org)

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## General Assembly of the WAPCEPC

The 7<sup>th</sup> General Assembly (GA) of the WAPCEPC will take place in Antwerp, Belgium, on Monday 9<sup>th</sup> July (19.45h – 22.00h) during the PCE 2012 Conference.

The GA is a meeting of all members of the association and is the main opportunity, every two years, for members to discuss and make decisions on important matters concerning the development of the association. Members are encouraged to make proposals to the GA and, if they cannot attend the meeting in person, to nominate a representative who will vote on their behalf (“by proxy”).

The GA also marks the completion of their term in office for the current WAPCEPC board and is an opportunity for the board to report to members about their activities during the previous two years. This year, the board will report on many activities and initiatives, such as the new publishing agreement for our journal, PCEP, with international publishers, Routledge (Taylor & Francis); the ongoing development of our website and new ways to facilitate communication between WAPCEPC members; the results of our membership survey; and the final steps towards the creation of a scientific committee designed to foster PCE research activities.

We hope that you can join us at the GA in Antwerp, in person or by proxy.

### **How to vote at the GA by proxy**

If you are unable to attend the GA in person then you can nominate another WAPCEPC member, or delegate of an organizational member, to vote on your behalf. You must give the name of your proxy to the board in writing. If you plan to vote by proxy in the 2012 GA, please send the name of your representative to Sheila Haugh ([sheila.haugh@pce-world.org](mailto:sheila.haugh@pce-world.org)).

There are limits in the WAPCEPC by-laws about the number of proxy votes that any one member or delegate of an organizational member can carry. A member or delegate of an organizational member can only accept the proxy vote of 2 other members and may only have a maximum of four votes altogether (some organizational members have more than one vote because of their size, see By-law III.7).

### **Call for Active Members**

As the WAPCEPC develops, the opportunities increase for members to become active in its work. Already in 2012, members have been invited to support the work of the WAPCEPC by

becoming board members and editors of PCEP. Further opportunities exist: we need additional board members, who will be elected at the GA, and - if the proposal is accepted by the GA - members who will form the first scientific committee of the WAPCEPC.

If the WAPCEPC is to continue to grow and thrive, then we need active members who will enable this to happen. Please consider how you can join in and help us to realize the goals of the WAPCEPC.

## **GA 2012 Proposals (at time of publication of newsletter)**

### **Proposal: Membership Dues**

The Board proposes that membership dues can be raised by a maximum of 20% in the next two years if the financial situation of the WAPCEPC requires this.

### **Proposal: Functions and Structure of the Scientific Committee**

At the General Assembly in 2010 it was agreed in principle that the WAPCEPC would develop a Scientific Committee as a means to foster PCE research activities. The WAPCEPC Board was asked to develop a detailed proposal for the functions and structure of a Scientific Committee. This proposal has been developed following a consultation with WAPCEPC members held in December 2011.

### **Proposal to Host PCE 2016 in New York City, USA**

Proposal presented by the New York Person-Centered Resource Center

The full text of all proposals can be downloaded from the website at: <http://www.pce-world.org/news-and-events/general-assembly-2012.html>



# Agenda items for the General Assembly of the WAPCEPC

PCE 2012, Antwerp, Belgium  
Monday 9<sup>th</sup> July 2012, 20.15 – 22.00



1. Welcome
2. Agenda
3. Minutes of GA 2010
4. Matters arising from the previous meeting
5. Reports: from the chair, membership, journal, website, newsletter, survey of membership, and treasurer
6. Auditors' report
7. Financial projection for the next two years
- 8. Proposal: Membership dues**
9. Donor funds
10. Bursaries
11. Reports from WAPCEPC's Regional Chapters
- 12. Proposal: Scientific Committee**
13. Election results
14. Presentation of new board
15. Update on PCE 2014
- 16. Proposal to host PCE 2016 conference in New York City, USA**
17. Any other business

## Call for Papers. PCEP Special Issue on Case Studies

We are inviting manuscript submissions for a special issue of *Person-Centered and Experiential Psychotherapies* (PCEP) on **Case Studies**.

Case studies are the bridge between practice and research. They provide a method for research in which the complexity of the process and outcome of psychotherapy and counseling can be explored and examined. At the same time, they tell the story of an individual therapeutic experience, offering an opportunity to reflect on and develop theory and practice for experienced and student therapists, academics and practitioners alike. Moreover, case studies provide a medium for enabling potential clients and commissioners of services to gain insight into what actually happens inside the therapy room.

Recent developments in systematic case study methodologies have increased the credibility of case studies as a research method. Indeed this is an area at the cutting edge of psychotherapy research and many PCE scholars are making significant contributions to these developments (e.g. Bohart & Humphreys (2000), Stiles (2007), Elliott et al (2009), Stinkens et al (2009)). Guidelines for publishing good quality case studies are currently in development: see McLeod (2010) for a description of the principles of systematic case study research which form the basis of the proposed guidelines. Journals devoted to case study research have been introduced (e.g. Pragmatic Case Studies in Psychotherapy).

Until now, PCEP has published case studies on an occasional basis. In keeping with the principles of the WAPCEPC, the goal of this Special Issue is to demonstrate the process and outcomes of different forms of practice across the full spectrum of PCE in the format of systematic single case studies.

We invite new case studies that illustrate the diversity of both PCE and the systematic case study format. We hope that practitioners as well as academics will be represented amongst the authors of papers in the Special Issue.

All papers will go through the usual peer-review process for PCEP articles, so revisions may be requested, and acceptance of your paper cannot be guaranteed.

Susan Stephen will be the guest editor for this special issue. She can be contacted at [susan.stephen@pce-world.org](mailto:susan.stephen@pce-world.org) for more information and to discuss your potential contribution. Please contact Susan by **31<sup>st</sup> October 2012** with your expression of interest in contributing to the Special Issue. Manuscripts should be submitted **by 31<sup>st</sup> July 2013**.

Please circulate this invitation to anyone you think may be interested.



## References

- Bohart, A.C. & Humphreys, C. (2000). A qualitative 'adjudicational' model for assessing psychotherapy outcome. Paper presented at the meeting of the International Society for Psychotherapy Research, Chicago, Illinois.
- Elliott, R., Partyka, R., Wagner, J., Alperin, R., Dobrenski, R., Messer, S.B., Watson, J.C. & Castonguay, L.G. (2009). An adjudicated Hermeneutic Single Case Efficacy Design study of experiential therapy for panic/phobia. *Psychotherapy Research*, 19, 543-57.
- McLeod, J. (2010). *Case study research in counselling and psychotherapy*. London:Sage.
- Stiles, W.B. (2007). Theory-building case studies of counselling and psychotherapy. *Counselling and Psychotherapy Review*, 7, 122-7.
- Stinckens, N., Elliott, R. and Leijssen, M. (2009). Bridging the gap between therapy research and practice in a person-centered/experiential therapy training program: the Leuven Systematic Case Study Protocol. *Person-Centered and Experiential Psychotherapies*, 8, 143-62.

# Journal Report

Dear WA members,

We are delighted to announce that the WA board has now appointed two new editors for PCEP. They will replace Bill Stiles, who will step down by the end of 2012, and Jeanne Watson, who stepped down one year ago. Bill will remain active until the new editors are in place, to ensure a smooth transition.

The new editors are Elizabeth Freire and David Murphy. They will begin receiving manuscripts by the end of the year. As you may know, PCEP asks authors to choose which Editor they would like to handle their manuscript. So you may consider if you would like to submit your manuscript to one of these new editors.



The departure of Bill Stiles from the editorial team is a great loss, but we are enormously grateful to all the work and time that Bill has put in over the previous years. Bill has been instrumental in guiding the journal towards full electronic submission with Taylor and Francis; and has played a central role in coordinating the work of the editors over the past years. Bill's knowledge and expertise in the psychotherapy research world, his commitment to person-centred and experiential approaches, and his attention to detail and rigour are sure to have a continuing legacy for the journal.

The journal editors will meet ahead of the Antwerp conference and discuss further developments of the journal. We have still been occupied by intensive work with Taylor and Francis to adjust the electronic submission and review system to PCEP's needs. Things are going very well with our new publisher: our ideas are always received with open ears and a prompt, creative search for solution.

Things will remain imperfect, but we confidently expect that our authors and reviewers will get more and more used to such a system, which is now standard in the world of scholarly publishing.

Visit the webpage and learn about submitting. We, the editors would like to encourage everyone to try this out by considering submission of a paper:

<http://mc.manuscriptcentral.com/rpcp>

We have commissioned a range of special issues for the forthcoming period:

- incongruence, guest edited by Soti Grafanaki;
- embodiment, guest edited by Kevin Krycka,
- Dutch PCA developments, edited by Roelf-Jan Takens,
- case studies, edited by Susan Stephen,
- school-based interventions, edited by Susan McGinnis.

The announcements for these special issues are available on the journal's website. Contributions are still very welcome. In addition, the keynote presentation from the Antwerp conference will merge to a special issue at the beginning of 2013. However all contributions from this conference are invited to shift into a paper for PCEP.

**Michael Behr**, on behalf of the PCEP Editors

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All submissions should be made online at PCEP's new ScholarOne site

<http://mc.manuscriptcentral.com/rpcp>

We are looking forward in receiving your submission.

You are welcome to pass this information over to people who might be interested in it.

## New PCEP Editors

**David Murphy Ph.D** is Lecturer in Counselling and Trauma Studies at the University of Nottingham, UK. He is a Chartered Counselling Psychologist and Associate Fellow of the British Psychological Society and foundation member of the Register of Psychologists Specializing in Psychotherapy. David's research interests in the field of person-centered psychology are in counselling and psychotherapy process, mutuality and the therapeutic relationship, and trauma. He is Honorary Psychologist in Psychotherapy at the Centre for Trauma, Resilience and Growth, Nottinghamshire Healthcare NHS Trust.



**Elizabeth Freire Ph.D** is a clinical psychologist, person-centred therapist, and Lecturer in Counselling at the University of Aberdeen, in Scotland. She taught previously at the University of Strathclyde for 7 years and she was one of the directors of Institute Delphos in Brazil until 2004, when she moved to the UK. She has published several articles and chapters in English, and a book in Portuguese about the theory and practice of person-centred therapy. Beth is very passionate about the person-centred approach and its ability to promote empowerment and growth, and she is particularly interested in research in the field of therapeutic process, therapeutic change, spirituality and non-directivity in the person-centred approach.

## Anxiety: what kind of problem is it?

James R. Iberg, keynote speaker at Antwerp

Everybody feels anxious at one time or another. It's not something we relish experiencing.

There are many various forms it takes: psychiatrists have differentiated numerous symptom patterns as anxiety disorders, including PTSD, OCD, Specific phobias, Generalized anxiety, Agoraphobia, Panic disorder, Social phobia, and more.

Musicians and actors can be handicapped by anxiety so severe that it ruins their performances. Some people are unable to drive, or will avoid flying in airplanes because their anxiety is so intolerable.

There are many drugs available to reduce the symptoms of anxiety. So is it just an obnoxious thing toward which all our efforts should be devoted to its elimination?

I don't think so. In Focusing-oriented psychotherapy, we think of anxiety as a valuable sign pointing to important inner complexity that is calling out for our attention. If we give the proper form of attention to the complexity implicit in our bodily felt sense, we will discover important aspects of our experience and of our present striving that are in need of different and better handling so that our life can be properly nurtured and supported, and we can move forward toward realizing our potential and gain a greater sense of satisfaction in living. When this process occurs, the subjective feeling of anxiety diminishes naturally.

There may be times when anxiety is so debilitating that medication is a valuable adjunct to psychotherapy, but it's highly undesirable if medication use obscures, hinders, or prevents the process of explication of the relevant underlying inner complexity.

Sometimes the underlying complexity involves conflicting motives, and we need to sort things out so each motive can find satisfaction. Other times, we may discover that lessons from the past are being triggered, and differentiating what from the past may need more processing or grieving, from how the present is truly different from the past, is what is needed.

In my talk at the conference in July, I will describe some clinical situations to illustrate these points.

*James R. Iberg, Ph.D.*

*Clinical Psychologist*

*Evanston and Chicago Michigan Avenue Offices*

[www.empathywork.com](http://www.empathywork.com)



## 11<sup>th</sup> PCE Conference, 2014

### Buenos Aires, Argentina

Martin Lange and Katu Bahillo, members of the PCE 2014 organizing committee

We are very pleased to have the chance to participate in the 10th PCE Conference that will take place in Belgium, in July.

From the moment we learnt about the existence of the WAPCEPC in 2006, it has been our desire to take part in one of its conferences. And incredibly as it seems, we are about to fulfill our dream.

There are many the motivations that bring us together: we feel it is a unique opportunity to meet colleagues from different cultures and who speak different languages, all of them belonging to the PCE community. We will have the privilege to listen to and meet people we have known through their work, some of which are very significant for us. We also hope to be able to share personal and professional experiences, enrich ourselves with the theoretical developments and the possibility to participate in a dialogue and open debate on the proposed theme: “Anxiety: From Symptom to Self”.

At the same time, as you know by now, we are, together with our colleagues Claudia Aguado, María José González Cerezo, Patricia Szychowski, Sergio López y Maximiliano Bonomi, part of the organizing committee of the 11<sup>th</sup> PCE Conference, which will be held in July, 2014, in Buenos Aires, Argentina.

For this reason, we feel it is very important to feel and experience the spirit of a WA Conference, so as to fully understand the challenges we will be facing.

We are grateful and proud about this designation, since, for the first time, a PCE Conference will be held in this part of the world. It is an exceptional occasion to share all of the PCE theory, practice and research, which is being carried out in our dear Latin-America, and to have a chance to have a major exchange with colleagues of the rest of the world.

During the last months, we, together with our team, have been working with enthusiasm in the preparation and presentation of 2014 PCE Conference, in the General Assembly in Antwerp, Belgium.

Finally, we would like to wish the organizers of the 10<sup>th</sup> Conference good luck and success and we are looking forward to its beginning.

See you all very soon!

Martin Lange and Katu Bahillo



# Mindfulness, flotation, and the possible role of bodily awareness

Eoin O'Shea

Those involved in person-centred and experiential approaches have long worked with, and recognised the therapeutic value of, the bodily experiencing of both therapists and clients alike. As therapists, we sometimes use our own felt sense during a session to provide useful input on what our clients are really communicating, the process unfolding between us both, and any possible incongruence between differing means of communication.

A number of difficulties for clients also present themselves with a strong bodily experienced aspect – one needs only think of those clients experiencing the dark weight of depression or the dizzying palpitations of anxiety. Not only are such difficulties themselves embodied, but our ways of working with them often are too. Many therapists utilise techniques involving breath work and relaxation techniques even in instances where they do not otherwise self-identify as 'body-oriented therapists'.

Mindfulness-Based Stress Reduction (MBSR) is an approach developed by John Kabat-Zinn in the 80s which combines reflective enquiry on the part of group participants with formal meditative practices such as mindfulness of breathing, body scan, and gentle yoga stretches. Put simply, the purpose of MBSR is to assist participants in developing a greater capacity to remain deliberately and experientially rooted in the present moment in a non-judgmental manner. A small but growing body of research suggests that increases in bodily awareness may account for at least some of the documented beneficial effects of MBSR. As a transdiagnostic intervention, MBSR can be helpful for a broad range of client difficulties including stress, depression, anxiety, ruminative tendencies, and many others.

Similarly, flotation-REST (Restricted Environmental Stimulation Technique) was developed in the 50s by John Lilly. 'F-REST' involves clients floating in about 10 inches of body-temperature, Epsom salt-saturated water in a large tank – this is usually sound-proofed and pitch black once someone enters and closes the hatch behind them. Floating in this 'Dead Sea'-like water restricts sensory input and results in what's often experienced as an increased attentional focus on private psychological events and bodily experiencing. Research concerning F-REST has found it to be effective in alleviating a range of problems, most especially stress-related ones. Such results are impressive in that they often include physiological and performance measures in addition to self-report ones.

I am conducting a randomised controlled trial examining the effectiveness of both MBSR (on its own) as well as MBSR in combination with weekly F-REST sessions. My research investigates the possibility that F-REST significantly adds to benefits derived from MBSR participation. Furthermore, the role of both mindfulness and the possible mediating role of bodily awareness will be looked at. Hopefully, this will add to our understanding of the underlying mechanisms at work in mindfulness practices.

An appealing feature of the study is its 'real world' setting in both privately-run meditation as well as flotation centres in Dublin city centre. Mixed methods will hopefully ensure both scientific rigour and experientially rich detail being garnered. The research is being conducted through City University London.

Eoin O'Shea [info@southdublinpsychologists.ie](mailto:info@southdublinpsychologists.ie)



## Forthcoming Events

**PCE Conference 2012 (E):** Working with anxiety: From Symptom to Self

**Date:** July, 8-12, 2012

**Place:** University of Antwerp, Belgium

**Info:** [pce2012@vvcepc.be](mailto:pce2012@vvcepc.be)

**VIII Congreso de Counseling de las Américas 2012: "Identidad y Praxis del Counseling" (S)**

**Date:** September, 6-8, 2012

**Place:** Buenos Aires, Argentina

**Info:** <http://congresocounseling2012.wordpress.com/>

**XVI PCA Ibero-American Encounter (S)**

**Date:** October, 14-20, 2012

**Place:** Valparaíso, Chile

**Info:** [www.ecpchile2012.cl/](http://www.ecpchile2012.cl/)

**XII International Forum for the Person-Centered Approach (E)**

**Date:** May, 26, - June, 1, 2013

**Place:** Praia dasFontes, Brazil

**Info:** [forumpca2013@gmail.com](mailto:forumpca2013@gmail.com)

**World Congress for Psychotherapy: Psychotherapy Meets Africa (E)**

**Date:** October, 11-15, 2014

**Place:** Durban, South Africa

**Info:** [www.worldpsyche.org](http://www.worldpsyche.org)