



World Association for Person-Centered &
Experiential Psychotherapy & Counseling

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From the Chair

By Jef Cornelius-White

It has been my pleasure to write these opening columns for the newsletter during 2008-2010 after having edited the newsletter from 2006-2008 and having received these newsletters since 2001. As my time on the board is coming to a close, I have been reflecting upon where the WAPCEPC has come during these 4 years. I cannot share all of my thoughts here, but I will offer a few. Also, I encourage all members to reflect upon what the Association has meant for you and what it could mean in the future. I invite you to participate by sharing with the board your ideas and work and by participating in the 2010 PCE Conference in Rome, especially the General Assembly and the two board-sponsored open forums on Goals/Strategic Planning and Regional Development/Organizational Networking.

The WAPCEPC has lost some beloved mentors and friends. I ask that you take a moment to remember those, dead and living, for whom you have been grateful. For me personally, I will miss Nat Raskin, who passed recently. I admired Nat probably more than any other person-centered therapist that I have had the privilege of knowing. Margaret Warner gives a short remembrance on page 2, and the PCEP editors honor his scholarly

contributions in the final lines of this newsletter.

We launched a new website with members-only access to the growing journal archive. Under the leadership of our editors, the number of pages printed in our journal, PCEP, has expanded, while continuing to provide high quality peer reviewed articles, including more special topics. It is also now available in EBSCO packages for libraries and institutional access. We have developed regional chapters in Europe, and Australia and Aotearoa-New Zealand, moved to conferences every 2 years instead of three, and improved our visibility and involvement with organizational members. The WAPCEPC Research Taskforce completed a research initiative to bring together all research on PCE in a volume to be released at PCE 2010 entitled *PCE Works*. Plans for PCE 2012 are developing well and we have at least one exciting proposal for PCE 2014. We have continued financial health despite global financial stress and most importantly have kept the day-to-day operations running, while cherishing the vision and person-to-person interactions that make the PCE unique within psychotherapy, counselling, and beyond.

I am sure that you will enjoy and find useful this full newsletter. I look forward to seeing many of you in Rome in just over a month!

Inside this newsletter... see contents on page 2

By Margaret S. Warner, Ph.D.

Nat Raskin has been a larger-than-life figure in the Chicago area. For many, he epitomized the person-centered “way of being.” Since Nat worked with Carl Rogers from the earliest days at the University of Chicago and at Ohio State, he provided one of the strongest personal links to the early history of the approach. (I believe that Nat had even been Rogers’ therapist at one point...)

The thing that strikes me the most from stories about Nat that I have heard over the years has been how many people experienced Nat as personally kind and supportive. Students just beginning in the person-centered approach who wrote to Nat were surprised that he would respond in such a personal way and that he would extend himself to help whenever he could. For many, Nat has been non-directivity personified—he wrote some of the classic papers on non-directivity, his teaching was student-centered, his support for the non-directive organizational style

of ADPCA was constant. He was a steady participant in the client-centered network meetings in Chicago.

Nat and I didn’t always agree. I have perhaps been more impatient than Nat was, wanting the person-centered approach to grow, to have an impact on the field of clinical psychology, to form coalitions among relatively like-minded groups. I have been in favor of the establishment of the World Association which is inclusive of the “many tribes” of the person-centered approach. In discussing this issue, Nat once commented that he wasn’t interested in any organization that was more directive or hierarchically organized than the ADPCA; he was glad to have one corner of the world in which people who were interested in client-centered principles could really live them out, and he said that he felt fine if this turned out to be a relatively small group of people.

In Chicago, Nat’s death seems like the end of an era. He will be much missed.

A Truly Worldwide Newsletter

We want this newsletter to reflect the breadth and diversity of the WAPCEPC membership. Please send your news, comments, and information about people, projects and events to Susan Cornforth at newsletter@pce-world.org.

We would welcome articles in the author’s own language, provided that the author can also arrange to provide a translation in English so that the article can be presented in both languages.

The deadline for contributions to the next issue of the newsletter is

30th September 2010.

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By Alberto Zucconi, Giovannella Nasta, Mariangela Bucci, Emanuela Tardioli, Silvia Spaziani, Mario Meringolo, Gianni Sulprizio, Fabio De Romanis, Giovanna Caputo, Maria Rosaria Lena, Gianni Belgrano, Antonio Castiello.

Dear friends and colleagues of all the different PCE Tribes,

We are proud to announce that, as we write this letter, we have 610 registered participants coming from 29 nations to the PCE 2010 conference in Rome: friends and colleagues from Argentina, Austria, Australia, Belgium, Brazil, Canada, Denmark, France, Georgia, Germany, Greece, Italy, Japan Mexico, Montenegro, Holland, New Zealand, Norway, Portugal, Russia, Slovak Republic, Singapore, Spain, Switzerland, Turkey, United Kingdom, United States, and Venezuela.

We will meet in Rome to share our experiences of life & work and learn from each other.

The fact that, at present, the world is still affected by a serious economic recession makes us feel that 610 registered participants is not a small accomplishment and we hope that, with your help, our numbers may be even greater by the time the conference opens on 30th June.

We believe that part of our success is probably due to the topic of Empowerment and also the fact that a large number of Italian participants have been encouraged by the fact of the simultaneous translation (English/Italian) available in the two main conference rooms.

We have 30 workshops, 140 paper presentations and various round table discussions, some of which are new to the PCE Conference, for example:

Carl Rogers' recognized contributions to the field of psychotherapy. At this round table, well-known Italian exponents of the Psychoanalytic, Jungian, Cognitive, Behavioral and Family Therapy paradigms will illustrate their appreciation of the con-

tribution of Rogers and PCA to the field of psychotherapy.

Person Centered Medicine: Senior officers of the Italian Ministry of Health and leading medical doctors will comment on the contributions that Carl Rogers and the Person Centered Approach have made to the field of medicine.

Research Presentations: Some of our IACP people, along with medical doctors representing the Italian Diabetes organization, will present the follow up data arising from research with Italian public health agencies in which IACP people offered encounter groups to people with diabetes, leading to a 50% drop in their need for insulin etc.

We are also able to offer two pre-conference activities on June 29th that you may join by signing up on the website (www.pce2010.com) or by contacting secretariat@pce2010.com.: (1) *Non directive Play Therapy* By Barbara and Heather Williams; (2) *Unity in diversity: to empower ourselves is to empower the other:* a day-long encounter group.

We are proud to offer many interesting presentations and distinguished presenters from all over the world including: Godfrey Barrett-Lennard, Michael Behr, Art Bohart, Mariangela Bucci, Norm Chambers, Mick Cooper, Jef Cornelius White, Magda Draskosky, Robert Elliott, Elizabeth Freire, Mineko Horiuchi, Omar Gelo, Leslie Greenberg, Sheila Haugh, Tomoto Hirano, Akira Ikemi, Elke Lambers, Mia Leijssen, Judy Moore, Yukishige Nakata, Giovannella Nasta, Maureen O'Hara, Jean-Marc Randin, Peter Schmid, Silvia Spaziani, Gianni Sulprizio, Bill Stiles, Jeanne Watson, Neill Watson, Barbara Williams and many, many, many others... and maybe you too!!!!

Please remember that the weather is going to be beautiful & sunny and you could bring some swimming gear for the hotel and also for the beach, only 30 minutes metro ride away. Remember that in ancient Rome you are welcomed wearing shorts and sandals when entering shops and restaurants.

Arrivederci!!!!!!! See you soon in Rome !!!

Places still available—register now at www.pce2010.com

Launch of *PCE Works* at PCE 2010

Following the Norwich 2008 PCE Conference, a group of leading researchers and academics from the person-centered and experiential community set out to undertake a definitive review of the evidence-base for the person-centered and experiential approach. The project is now nearing completion, and we hope it will be ready for launch at the Rome PCE Conference in 2010.

Co-edited by Mick Cooper, Jeanne Watson and Dagmar Hölldampf, the results of this work is to be published as a book, under the working title of "Person-centered and experiential therapies work: A review of the research on counselling, psychotherapy and related practices." The book has ten chapters, reviewing research in a range of

areas: the evidence of efficacy and effectiveness for person-centered and experiential therapies with adults and children, the effectiveness of PCE in non-therapeutic areas such as education, the role of client agency in outcomes, process-outcome research in the PCE field, PCE measures and research methods, and key priorities for further research. This book presents a definitive review of the research evidence that currently exists for the person-centred and experiential approach. The book will be published by PCCS Books (www.pccs-books.co.uk), with a cover price of £22 and online price of £19. We are presently discussing a possible further discount for WAPCEPC members.

Board Hosts Two Open Forums to Foster WAPCEPC Goals

The Board of WAPCEPC will be hosting two open forums at PCE 2010 in Rome.

The first forum aims to foster awareness and development of opportunities and strategies to meet the Goals of the World Association, especially as these relate to support of, and cooperation between, organizational and individual members, engagement in socio-political processes to ensure the continued contribution in health, education, and other contexts, and enabling members of the WA to work together towards their shared goals.

The second forum will be a discussion of Regional Development. In the last year two regional chapters of the WAPCEPC have formed: PCE Europe (formerly the Network of European Associations for Person-Centered and Experiential Psychotherapy and Counseling) and the Australia and Aotearoa-New Zealand (AANZ) Chapter). We also have many organisational members and know of other person-centred and/or experiential organizations that exist all over the world, for whom the chapter model may not be appropriate but who may benefit from connection. The WAPCEPC Board is interested in providing a space so that international awareness and cooperation may foster regional developments in PCE research, practice, training, and related practices.

We hope that WAPCEPC members attending PCE 2010 will attend one or both forums and contribute towards the development of our work as an association.

  		<p>9th World Conference for Person-Centered and Experiential Psychotherapy and Counseling</p> <p>PCE 2010</p> <p>Empowerment: The politics of the helping relationship</p> <p>30th June - 4th July 2010</p> <p>Aurelia Convention Centre & Expo - Rome, Italy</p> <p>www.pce2010.com</p>
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Planning Ahead for PCE 2012 & PCE 2014

With only a few weeks to go until PCE 2010 in Rome, the plans for PCE 2012 are developing fast. This tenth PCE Conference will take place at the University of Antwerp in Belgium between 8th and 12th July 2012, and will be hosted by WVCEPC. The theme for the conference is "Working with anxiety: From symptom to self". More details will be available soon on the WAPCEPC website and in the next newsletter.

Meanwhile, the closing date for proposals to host the PCE Conference in 2014 has been extended to 31st May 2010. One proposal has now been received and is currently being assessed by the Board. Any other proposals currently in development must be received in writing by the Board by the closing date. Guidelines for hosting the PCE Conference are available at <http://www.pce-world.org/about-us/32-conference-guidelines.html>

PCE 2010 Bursaries

The Board of WAPCEPC is delighted to have been able to award 12 bursaries to enable attendance at PCE 2010 in Rome. The bursaries have been awarded to 2 people from Turkey, 3 from Russia, 2 from Brazil, 3 from Argentina, 1 from Mexico and 1 from Montenegro. The bursary fund is now very low but the Board is hopeful that we may find a way to build it up again before PCE 2012 in Antwerp, Belgium.

Change in World Bank Categories

The WAPCEPC offers reduced membership fees, support from the two Donor Funds and conference bursaries to individuals and organizations in countries whose economies are classified as B, C or D by the World Bank.

The world is changing, and the World Bank's latest list includes many more countries in the A category and fewer in the D category. A major implication for the WAPCEPC and our members is that countries such as the Czech Republic, Estonia, Hungary and the Slovak Republic are now Category A instead of B.

While this reclassification is good news for the economies within these countries, the Board recognizes that there are still large economic differences between these new Category A countries and those that are more established. The bylaws of the WAPCEPC allow the Board to consider exceptions in case of financial hardship, on written request.

The current World Bank list can be seen at: <http://www.pce-world.org/images/stories/pdfs/worldbankcategories.doc>

AANZ Chapter Executive Announced

The members of the executive of the Australia and Aotearoa-New Zealand Chapter have been announced: Godfrey Barrett-Lennard (Chair), Melissa Harte (Secretary), Fiona Hall, Stan Korosi, Tricia McCann, Bernie Neville and Keith Tudor.

Why bother to vote in the World Association Election?

By Allan Turner, Tatsuya Hirai and Vera Alves, WA Election Committee.

There are nine seats on the Board and nine candidates for those seats and therefore it looks as if it may be a waste of time bothering to vote. You may assume that every candidate will get at least one vote and so is bound to be elected.

The Bylaws of the World Association govern the election procedure and it is far from certain that every candidate will be elected. There are both individual and organisational members of the Association and we really have two elections at the same time. In order to be elected a candidate must receive at least one third of the individual member's votes and **also** one third of the organisational member's votes.

Our Association has members in all continents of the world. It is unlikely that those voting will know all the candidates. There has been a tendency in recent elections for members to vote for people the voter knows or to vote for candidates from the same country, region, language group, etc. During the last election this tendency was particularly prevalent for organisational votes. The danger was that the majority of candidates were not meeting the one third thresholds because they tended to get votes from their own geographic regions. Fortunately just enough votes

came in by the closing date to ensure that we could form a Board - but it was a close run thing.

In order to help members decide who to vote for, the independent Election Committee has put together a Voting Pack in which candidates are asked to describe themselves and what they can offer members if they were to be elected. We have even been able to include portrait pictures of the candidates.

We have worked hard over the last few weeks to put together everything that is necessary for the election and ensure that all candidates have met the criteria specified in the voting protocols. It is now up to you as a member of the Association to exercise your democratic right to elect a new Board which can take the Association forward for the next two years.

Voting in the Board Election Closes on 31st May 2010. If you have not received an email with your Voting Pack, please contact info@pce-world.org as soon as possible.

Candidates in 2010 Board Election:

- Susan Cornforth (Scotland)
- Lidia Fogliati (Argentina)
- Elizabeth S. Freire (Brazil/Scotland)
- Sheila Haugh (England/Czech Republic)
- Makiko Mikuni (Japan)
- Constantinos Pappas (Greece)
- Jean-Marc Randin (Switzerland)
- Roelf J. Takens (The Netherlands)
- Graham Westwell (England)



All current members of the World Association for Person-Centered and Experiential Psychotherapy and Counseling are invited to the General Assembly of the WAPCEPC, which will be held on July 3rd 2010, in Rome, Italy, during PCE 2010. Individual members and representatives of organizational members who cannot attend in person may nominate another WAPCEPC member to vote for them. Please send the name of your representative to secretariat@pce-world.org. Further GA proposals will be accepted by the Board, and published on the website, until the GA itself when the final agenda will be agreed by the members present. A form to submit your proposal can be downloaded at: <http://www.pce-world.org/news-and-events/general-assembly-2010.html>.

1st Provisional List of Agenda Items

1. Welcome
2. Agenda
3. Minutes of GA 2008
4. Matters arising from the minutes
5. Reports from the chair, membership, journal, website, chapters, research task force, and treasurer
6. Auditors' report
7. Financial projection for next two years
8. **Proposal: Membership dues**
9. Donor funds
10. Scientific Committee
11. Election results
12. Presentation of new board
13. Update on PCE 2012
14. Proposals 2014 and/or 2016 PCE conferences
15. Any other business

Proposal: 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.

Proposed by Jean-Marc Randin & Jef Cornelius-White

The membership dues of the WAPCEPC have never been raised since its inception in 2000. The GA 2003 approved the proposal that the board could increase the dues by 20% in the following 3 years if the financial situation of the WA made this necessary. The dues were not increased. In 2008, the GA accepted the proposal to allow the board to increase the dues in the next 2 years, by 20% if necessary. Again, the board did not need to do this. The Board always makes the effort to minimize costs and to spend the association's finances wisely.

A large proportion of members (approximately 40%) pay reduced membership dues. Students, members who live in countries in world bank categories B-C-D, and donor fund members pay between € 0-35 per year. Joint WA/subscribing organizations members also benefit from a slightly reduced rate as do organizational members using the new organizational donor fund.

The increased number of subscriptions to PCEP has made it possible to keep the cost of the journal as low as possible and this has helped us to keep the membership dues constant for such a long time. A substantial part of the membership

dues goes to the subscription to PCEP- this year this is near €25. This covers both the publication of the journal and editorial expenses. The rest goes to the administration of the WA, including the development and maintenance of the website, which also supports the journal and is another significant cost.

Our office costs are likely to go up in the coming years, due to normal inflation and increased costs of materials. We may need additional funds to support other activities that support the development of the WA, such as advocacy, communication, or research initiatives.

We remain committed to keeping the dues as low as possible so that membership remains accessible, and we will continue to offer reduced levels of dues to the members who currently benefit from reductions.

According to the Statutes of the WA, the board needs the approval of the GA to decide new dues; we ask the GA to approve that the Board may raise the dues by a maximum of 20% in the next two years, should the needs of the Association make this necessary.

Many of the organizational members of the WAPCEPC are small in size but full of passion and determination for what the PCA can offer the communities in which they work. We are delighted to present interviews with representatives of two of our organizational members, Casa Abierta (Argentina) & Delphos Institute of Humanistic Psychology (Brazil).

Interview with Claudio Rud of Casa Abierta

Who are you? Where are you based?

I am Claudio Rud, one of the founders of Casa Abierta, which is based in Buenos Aires, Argentina. I graduated as a medical doctor in 1969 from the National University of Buenos Aires.

What kind of work goes on at Casa Abierta?

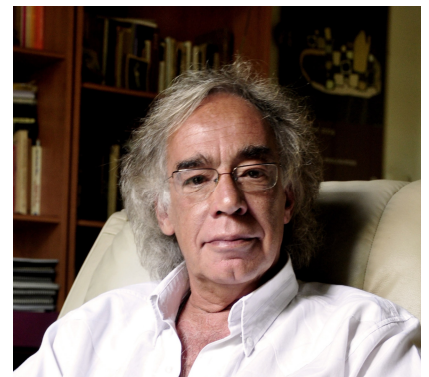
We are a group of 15 PCA professionals who work in psychotherapy and in training and also do social work. We offer an introductory course on PCA and Rogers' thinking, and also a PCA training course for counselors, psychologists and medical doctors. Also in Casabierta we have a space called Escuchantes (we could translate this as "Listeners"), which takes place every Friday, where people can come for free consultation. We have 2 other community projects: some of our staff travel twice a year to help a group of people who live in a small and precarious village in Santiago del Estero, a very poor province in Argentina. There, they take the things they need and live with the community for some days sharing and exchanging experiences.

The other project is in a jail in the province of Buenos Aires, where another group goes once a week and teaches them to make things with clay (at the moment they are making cups), which then they send to another social group, who feed a very large group of poor children.

What has been your biggest success to date?

The answer is not easy, but if I have to choose an activity, it would be the organization of the "Rogerian tent" (or the Rogerian community) within the World Congress for Psychotherapy, in 2005, in Argentina. I managed to get a room for us where we organized all the PCA activities (conferences, workshops, round tables, stands,

etc). We proposed an encounter group at the end of each day, which became a very powerful meeting point. This group grew every day (some people had to remain outside for lack of space), not only our people but also many others of different psychological orientations, who could experience for the first time, the spirit and atmosphere of our encounter groups.



Claudio Rud

What challenges do you face at present?

The main challenge for me these days is to give my institution a legal framework which allows us a stronger position in the national and international community, in order to continue with our activities with the financial support that this legal aspect could bring us.

What are your hopes for the future?

I hope to be able to go on with our mission: that each time there are more people close to our "way of living", each becoming more and more a "therapeutic person", someone who, with his attitudes, facilitates and promotes the care of the vital potency of everything that exists and manifests in life.

Why are you a member of the WAPCEPC?

Because I think it is important that everything we are doing in this part of the world is known at a world level, in order to integrate our different views.

Interviewed by Martín Lange

Interview with the directors of Delphos Institute of Humanistic Psychology

Who are you?

Delphos Institute of Humanistic Psychology was founded in October 1993. It is an organization dedicated to the promotion and development of the human potential, which uses the Person-Centered Approach as its basic framework. Our team is composed of 6 clinical psychologists (3 of whom are the Directors of the institute). We currently have 13 professional psychologists undertaking our post-graduate training in person-centered psychotherapy and 3 psychology undergraduate students doing a practicum in clinical psychology with us. Our team is dedicated to the promotion of the Person-Centered Approach in the fields of psychotherapy, training, education, business management, and social work. We are constantly seeking further qualifications, and some of us are currently doing MSc and Ph.D. courses.

Where are you based?

We are located in Porto Alegre, the capital of Rio Grande do Sul, which is the southern-most state of Brazil. Rio Grande do Sul shares borders with Argentina and Uruguay. We are based on the ground floor of a building in the historical city center of Porto Alegre. Our base has one big room for the workshops, lectures and group work, and three consulting rooms.

What kind of work goes on within the Delphos Institute?

We develop activities in the areas of clinical and community psychology, psychotherapy training, education, and research. We run a clinic that offers individual psychotherapy to adults, adolescents, and children. We also run a project that provides psychotherapy free of charge to the deprived community in the outskirts of Porto Alegre. This project is developed in collaboration with voluntary organizations that provide care, education, and shelter to children and adolescents in situation of risk and social vulnerability. Another activity developed by Delphos are weekend



From left to right: Newton Tambara (a founder member), Aline Piason, Rosemari Bertolin, and Tânia Reis (the team of directors).

residential 'Encounter Groups' (that we dubbed as 'Imersão', which means 'Immersion').

In the area of training, we run a post-graduate training in Person-Centered Psychotherapy, which is accredited by the Brazilian Federal Council of Psychology (CFP). Our course is the only person-centered one that is accredited by the CFP. We also provide one-year long practicum in clinical psychology to undergraduate students in association with several Universities (public and private) in our region. Moreover, we deliver training on the person-centered approach for social workers in collaboration with the Center for Psychological Studies of Street Children (CEP-Rua) of the Federal University of Rio Grande do Sul. In addition to that, we systematically run study groups and deliver lecturers and workshops about the person-centered approach to the wider community. We also maintain a library specialized in the person-centered approach for our students.

The Delphos Institute has, along the years, promoted a number of scientific events in order to disseminate the person-centered approach. In 1997, we were responsible for the organization of the II Brazilian Forum of the PCA (in the town of Canela, a tourist town in the mountains of Rio Grande do Sul) and in 1999 and 2000 we promoted two regional conferences, called ACPampa I and II respectively ('Pampa' is the name of the

vast grassy plains of southern South America, which characterizes the state of Rio Grande do Sul, and 'ACP' stands for 'Person-Centered Approach' in Portuguese). After 2001, the ACPampa was renamed Symposium Delphos and has so far taken place on 4 occasions. In 2004, the Symposium Delphos brought an international speaker, Lisbeth Sommerbeck, from Denmark, to give a workshop on Pre-therapy. In 2005, the Delphos Institute was an active member of the organizing committee of the VI Brazilian Forum of the PCA, which was held again in the town of Canela.

In the area of science and research, Delphos founded its research group in 2001 and since then it has been developing research on the process-outcome of person-centered therapy. The findings of these researches have been published internationally and presented in several scientific conferences.

What has been your biggest success to date?

Our greatest achievement was the accreditation of our psychotherapy training course by the Federal Council of Psychology (CFP). This is the only accredited course in person-centered therapy in Brazil and that was a huge achievement for a small institution like ours. We became a center of reference for the person-centered approach in Brazil and we are receiving students from several other states of Brazil, some thousands of kilometers away like the Northeast states of Bahia and Rio Grande do Norte.

What challenges do you face at present?

Because we are a small institution, we are constantly under financial stress. The psychology field in Rio Grande do Sul is dominated by the psycho-

dynamic approach, therefore the presence of Humanistic Psychology in graduate or undergraduate psychology courses in the south of Brazil is very limited. Consequently, very few psychology students are exposed to the theory of person-centered therapy, or even worse, they are taught a very biased and detrimental view of it. This fact constantly undermines our efforts to disseminate the person-centered approach within the academic and professional field.

What are your hopes for the future?

We would like to obtain more recognition of the person-centered approach in the academic and scientific field. We hope that a new generation of psychology professors, who will be aligned to the person-centered approach, will come to the universities in the south of Brazil and will help to promote the approach among the psychology students. We also would like to do more research and to do more publications. We would like to have the resources to promote more events such as the Symposium Delphos or other scientific conferences.

Why are you a member of the WAPCEPC?

We invest in being a member of WAPCEPC because we want to keep ourselves up-to-date with the work and research that are being developed in the PCA. We want to encourage our students and collaborators to write and publish articles about the work that we are developing. We also would like to promote participation in the conferences held by the WAPCEPC and its organizational members.

Interviewed by Elizabeth Freire.

Organizational members play a key role in enabling the WAPCEPC to achieve its goals. If you are a representative of an organizational member and have news to share or would like your organization to be featured in an interview in a future newsletter, please contact newsletter@pce-world.org. We look forward to hearing from you.

Guidelines for Change?

By Jo Hilton, PCT Scotland

One of the challenges for PCT Scotland, an organisation of person centred and experiential (PCE) counsellors that dates back over twenty years and has 250+ members, is whether to engage with the change that is going on around us or to stay on the outside looking in. With a relatively small number of PCT Scotland members directly employed by Scotland's "free at the point of delivery" National Health Service (NHS), it might have been easy for us to overlook the recent development of a guideline for non-pharmacological treatment of depression by SIGN, the Scottish Intercollegiate Guideline Network, the Scottish equivalent of NICE (The National Institute for Health and Clinical Excellence), which advises the NHS in England and Wales.

Fortunately, recent work on establishing the concerns of our members, alerted us to the significant number of counsellors working in non-NHS services that offer free or low cost counselling to clients either as a result of direct referral from NHS medical staff or by self-referral. We realised that changes in public policy are likely to impact on all our clients and our work with them.

It is important to understand that one of the key differences between counselling training in Scotland (and the rest of the UK) and that offered in some other parts of the world is that there are no prior educational requirements for training as a counsellor and, currently, at least, no state regulation for counselling. For me, this meant that the group of students with whom I trained as a counsellor included people from a wealth of backgrounds and different life experiences, ranging in

age from the early 20s to late 50s, some with recently acquired psychology degrees, others with backgrounds as teachers, business professionals and others who would describe themselves as trained in the "school of life". My own first degree was mathematics, followed by work in the arts and voluntary sector and then management training - all of which I find valuable in my work with clients, many of whom share backgrounds that don't seem so different to mine.

In contrast, the people we frequently work alongside include: *psychiatrists*, who, in the UK, are trained initially as doctors and who may have little or no counselling training or experience; *clinical psychologists*, trained within the medical model in the NHS, following a first degree in psychology which, in the UK, unlike many other countries, is heavily rooted in a model informed by biology, behavioural and cognitive sciences; other disciplines such as *community psychiatric nurses (CPNs)* and *occupational therapists (OT)*, who in Scotland at least, have in the past been offered NHS funded training and practice supervision in interpersonal therapeutic work using both psychodynamic and CBT models; and a small but growing number of *counselling psychologists*, psychology graduates offered a training in interpersonal client work, informed by a number of models, predominantly CBT. Only recently, in Scotland, has there been a training course in Counselling Psychology underpinned by a person-centred core model.

So, if this feels like a long pre-amble, my aim is to give a flavour of the field in the UK and particularly in Scotland. It meant that when SIGN were looking for people to establish a guideline for evidence-based ways of working with depressed

clients without the use of drugs, we felt that PCE therapists had a unique and valuable perspective to offer. The challenge for us was how to share this when it felt like many of the places at the top table had been taken by people working full time in NHS mental health services in hospitals, equally passionate about having their area of work taken into consideration. An unknown quantity was, and still is, the extent to which the guideline would influence future provision of counselling services within Scotland.

Engaging with the debate meant identifying groups of members interested in working alongside, *but not necessarily within* the medical model. It meant collecting and offering the most up-to-date and appropriate research evidence that met the SIGN criteria. It meant working alongside educational establishments, notably the Counselling Unit at the University of Strathclyde, and counselling agencies to share ideas, evidence and sense of progress. Importantly, it meant allocating resources to allow us to do this ... Fortunately a meeting of PCT Scotland in 2008 had agreed to allocate funding for a part-time worker, Isobel Gibson, to help us make the case for counselling in Scotland. By the time the SIGN guideline debate came along we had already had some experience of engaging with politicians, media and groups representing health service users.

At the time of writing, I would like to give you news of our successes. Sadly this is not the case. We are still in discussion with SIGN and with key agencies involved with counselling. The current guideline does not include a recommendation for counselling, despite inclusion in the draft, and, despite much effort on our part, does not specify either person-centred or PE-EFT therapy in a separate category to other counselling ap-

proaches. We continue to challenge this, in writing, in person and recently, through a link with BACP, the UK-wide counselling association in the media.

Has it been worth it? It is too early to say. We have certainly needed to support each other at times when we have wanted to give up the debate. Have we learned a lot? Resoundingly yes. It feels especially important to have been able to support those members who may have taken on these debates individually, to work collectively and to share an aim of disseminating the view that PCE therapies have a valuable role to play in the community. We have no intention of keeping quiet about that!

Events (Continued from Page 13)

11. Castrop-Rauxeler Gesprächspsychotherapie-Symposium (G)

Time: November, 12, 2010

Place: Castrop-Rauxel, Germany

Info: Tel +49-2305-1022858, Fax +49-2305-1022860

Colin Lago avec l'AFP-ACP (F)

Time: November, 13 – 14, 2010

Place: Paris 7e: Maison Ste Agnès Séminaire

Info: www.afpacp.fr

AFPC – Séminaire de Brigitte Tihon (F)

L'enjeu de la relation thérapeutique dans la psychothérapie centrée sur la personne

Time: November, 27th, 2010

Place: 108, Avenue W. Churchill. Brussel (Uccle)

Info: claire.demaret@skynet.be; Tél. 02/ 779 90 41

World Congress for Psychotherapy 2011 (E)

Time: August, 24 - 28, 2011

Place: Sydney, Australia

Info: www.wcp2011.org

PCE Conference 2012 (E)

Working with anxiety: From Symptom to Self

Time: July 8th-12th, 2012

Place: University of Antwerp, Belgium

Info: Contact details yet to be announced.

Discovering & Re-discovering Carl Rogers**Time:** June, 5-6, 2010**Place:** Greenwich Village, NYC, USA.**Info:** nypcrg@gmail.com; www.nypcrg.org**25th Annual ADPCA Conference - Celebrating the 25th anniversary of ADPCA (E) Rogers, Rochester, Rediscovery****Time:** June, 9 – 13, 2010**Place:** Rochester, New York, USA**Info:** www.adpca.org/events.html**40 Jahre Gesellschaft für wissenschaftliche Gesprächspsychotherapie (GwG) (G)
Personzentrierte Psychotherapie & Beratung - der humanistische Weg aus der Krise****Time:** June, 11 - 12, 2010**Place:** Mainz**Info/contact:** www.gwg-ev.org; gwg@gwg-ev.org**Les angoisses existentielles (Gaston Demaret et Marianne Verschooris) (F)****Time:** June 19, 2010**Place:** 108, Avenue W. Churchill, Brussels (Uccles)**Contact:** claire.demaret@skynet.be; 02/7799041**9th PCE Conference (E) Empowerment: The Politics of the Helping Relationship****Time:** June, 30 – July, 4, 2010**Place:** Aurelia Convention Centre, Rome, Italy**Info/contact:** www.pce2010.com/; secretariat@pce2010.com**III Fórum Paulista da Abordagem Centrada na Pessoa [III Paulist Fórum on the Person-Centered Approach] (P)****Time:** July 7 – 11, 2010**Place:** São Paulo, Brasil**Info:** <http://www.apacp.org/>; contato@apacp.org**AHPB Earth Festival: Psychology, environment & beyond... (E)****Time:** July, 16th-18th, 2010**Place:** Green & Away tented conference centre, Worcestershire, UK**Info:** www.ahpb.org.uk; admin@ahpb.org.uk; (+44) 0845 7078506**29. Internationale Focusing Sommerschule 2010 (G)****Time:** July 26—August 5, 2010**Place:** Humboldt-Haus Achberg bei Lindau am Bodensee, Germany**Info/contact:** www.daf-focusing.de**Focusing-Wochen Achberg 2010 (G)****Time:** August, 6 – 15, 2010**Place:** Humboldt-Haus Achberg bei Lindau am Bodensee**Info/contact:** www.focusing-netzwerk.de; gfk@bluewin.ch**5th Annual Focusing Institute Summer School – FISS 2010 (E)****Time:** August, 20 – 26, 2010**Place:** Garrison Institute in Garrison, New York**Info:** www.focusing.org**2. DGfB-Kongress (G)****"Da hol' ich mir Beratung - Professionalität und Verantwortung im Spannungsfeld von Markt und Sozialstaatlichkeit"****Time:** September, 24 - 25, 2010**Place:** Frankfurt**Info/contact:** www.dachverband-beratung.de; info@dachverband-beratung.de**Jahrestagung 2010 der Ärztlichen Gesellschaft für Gesprächspsychotherapie (ÄGG) (G)**

Personenzentrierte Psychotherapie bei schweren psychischen Erkrankungen - zur Theorie und Praxis der therapeutischen Beziehungsgestaltung

Time: September, 24-25, 2010**Place:** Naumburg, Germany**Info:** fm.boecker@klinikum-naumburg.de**XV Encontro Latino Americano da Abordagem Centrada na Pessoa / XV Encuentro Latinoamericano del Enfoque Centrado em la Persona [XV Latin American Encounter on the Person-Centered Approach] (S/P)****Time:** October 9 – 16, 2010**Place:** Ouro Preto, Minas Gerais, Brasil**Info:** Centro de Psicologia Humanista Minas Gerais cphminas@gmail.com**AFPC – Séminaire de Chantal Chantrenne (F)****La thérapie de couple. Réflexion à partir de son livre "Clair-obscur. Une thérapie expérientielle de couple"****Time:** October, 16th, 2010**Place:** 108, Avenue W. Churchill, Brussel (Uccle)**Info:** claire.demaret@skynet.be; Tél. 02/ 779 90 41**ÖGWG-Woche 2010 (G)****"Der schöpferische Sprung - Kreative Veränderungen während der Therapie – Kreative Medien in der****Therapie****Time:** October, 20 – 23, 2010**Place:** Puchberg bei Wels, Upper Austria**Info/contact:** www.oegwg.at; oegwg@psychotherapie.atE = English, G = German, F = French, P = Portuguese,
CS = Czech/Slovak, S = Spanish

Person-Centered and Experiential Psychotherapies

Journal of the World Association for Person Centered and Experiential Psychotherapy and Counseling

Editors: Peter F. Schmid, Austria; William Stiles, USA; Jeanne Watson, Canada; Mick Cooper, UK

Editor Emeritus: Robert Elliott

Person-Centered and Experiential Psychotherapies, the journal of the World Association, has recently published Issue 9.1 and Issue 9.2 is currently in press. The latter is the long awaited special issue on focusing oriented psychotherapy edited by Campbell Purton and David Mearns. This special issue has been in the publication queue awhile so I am sure all the contributors will be delighted that it will be out soon. The special issue on diversity issues and the PCT approach is being prepared. We value and appreciate the hard work and dedication contributed to the journal by the editors and authors of the special sections.

With the increased number of pages that we have been allocated the publication queue is being shortened. This is good news for those of you who have had manuscripts accepted and a call to others to please think of submitting their work to PCEP. Many of you will be preparing for the Rome conference and we would like to encourage you to think of submitting your manuscripts to the Journal for publication. As you know the keynote lectures are published in the Journal but we would be delighted to see the work of other presenters featured as well.

A review of the papers that we have received and published shows that we continue to cover special topics, as well as commentaries and theoretical papers. We are continuing with our book reviews and welcome any suggestions from our readership of new books to review. The number of empirical papers continues to increase which is a positive trend that we would like to encourage as well as the submission of case studies and more qualitative research papers that might fit better with the PCE philosophy.

The editors would like to invite those of you at-

tending the Rome conference to our two special presentations. One will focus on Journal news and policy discussions that are relevant to the journal and the other will be a workshop for authors featuring tips and advice on writing manuscripts for publication. We hope that these will be well attended and provide additional support to the membership in terms of getting their work published in PCEP.

It is important for the Journal that we continue to develop our readership base especially among students of psychotherapy in order that we continue to be relevant to practitioners, academics, and the world at large. To this end we ask our academic membership to encourage their libraries to subscribe to the EBSCO package so that we can continue to disseminate our ideas.

We would like to thank all the members of the Editorial Board for their continued support in reviewing papers, and recognize the contributions of our ad hoc reviewers whose time and effort is much appreciated. The efforts of the reviewers are highly valued and are vital to the continued success of the journal.

We join the rest of the PCEP community in expressing our sorrow at the loss of Nat Raskin an important contributor and developer of the PC approach. He will be missed by all, but his ideas and influence will live on.

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May 2010