From the Chair

By Susan Stephen
Chair, WAPCEPC Board

2011 is a non-conference year for the WAPCEPC. In the years between PCE conferences this newsletter is one of the main ways in which members of the WAPCEPC can continue to hear about each other’s life, work and experiences. We hope that you see the newsletter as a means through which you can communicate with other WAPCEPC members and that you may be moved to use it in this way. You can send your material and photographs for the next newsletter to the editorial team at newsletter@pce-world.org.

Another potential place for interaction between members that is presently being developed by the WAPCEPC board, is the creation of an online forum. This initiative was on the agenda for discussion by the Board at its recent meeting held in Manchester, UK, between the 4th & 6th of February. Other issues discussed by us at our meeting included: the transition to the new publisher of PCEP; plans for PCE 2012; ideas to develop some multilingual sections of the website; the development of the research committee. We also agreed that we would like to carry out a survey of WAPCEPC members to find out more about your reasons for being members and to gather ideas about how we can encourage other individuals and organizations to join us. We hope to carry out this survey within the next few months.

In the meantime, we hope that you will find much of interest to you in this latest issue of the newsletter. We are delighted to share with you an article from Viera Filipová & Monika Gregussová about the recent changes introduced to the PCA training program offered by the Institute of Psychotherapy & Sociotherapy in Slovakia (page 5). We are also very pleased to introduce to the wider membership our new colleagues at The Consultative & Training Institute «Status» in the Russian Federation (page 8). You will also read the regular report from our journal editors, the latest news from PCE Europe, and an updated events calendar.
News

Message of Support for Japanese Colleagues

The WAPCEPC Board has sent the following message to our colleagues in the Japanese Association for Humanistic Psychology:

We would like to express our solidarity and profound respect to the Japanese people in the face of the overwhelming tragedy brought about by the earthquake. We feel for you and for the immense loss and devastation that swept away so many lives. We also feel for the ongoing nuclear threat that must certainly feel frightening. At this time, we are reminded of the inter-connected nature of all life on Earth.

We would like to send our thoughts, prayers, and wishes that you and the Japanese people can find in themselves the inner resources and the strength to cope with this tragedy and the inner peace to look after each other.

We send you all - our love and unconditional support.

The WAPCEPC Board

Bühler Award for Alberto Zucconi & IACP

Congratulations to Alberto Zucconi and the Istituto dell’Approccio Centrato sulla Persona (IACP) for being selected to receive the Charlotte and Karl Bühler Award. This award is given by Division 32 of the American Psychological Association to an institution, and an individual associated with an institution, that has made an outstanding and lasting contribution to humanistic psychology.

Action on PCE Conference Feedback

Thank you to everyone who provided feedback following the PCE 2010 Conference. We were delighted to hear from so many people with both positive and negative comments as well as constructive suggestions for future organizers.

Your comments have helped us to confirm the core features required by WAPCEPC members from our conference. These include: the provision of abstract books and participants’ lists; a venue that is easy to navigate for all, especially people using wheelchairs, that has a central space for meeting and socialising in the evening; and for meals to be arranged as part of the conference and preferably included in the fee. We have shared this feedback with the PCE 2012 organizing group and will also update the conference guidelines (http://www.pce-world.org/about-us/32-conference-guidelines.html).
WAPCEPC Board Meeting, Manchester, 4th - 6th February 2011

By Lidia Fogliati, on behalf of the WAPCEPC Board

These are some of my impressions about our board meeting in Manchester.

I arrived Britain, on the day of my birthday, after 15 hours’ flight, exhausted but grateful to have this opportunity to meet the other members of the board in person.

There were seven of us, Susan Stephen, Jean-Marc Randin, Beth Freire, Constantinos Pappas, Makiko Mikuni, Graham Westwell, and myself, all of us coming from different parts of the world, each of us with our own peculiarities. I felt some familiarity, since we had been working on-line for some time already, but recognizing everybody’s faces was somehow unusual and natural at the same time.

For me, it was a learning process all along.

It was a challenging experience considering the short time we had to discuss the many issues of our agenda. We managed to work focused, creatively and efficiently. We even succeeded in having Skype contact with Sheila Haugh and Roelf Takens, which was wonderful.

I found that as a group we are all open-minded people, willing to change things, open to new ideas. And this was very stimulating for me.

I share Susan’s feeling of leaving Manchester with “renewed energy and a sense of the vitality within our group and our commitment to the work”.

Certainly, being together in person made all the difference.
The 10th Conference of the World Association for Person Centered and Experiential Psychotherapy and Counseling will be held in Antwerp, Belgium, from July 8-12, 2012. It is being organized on behalf of the WAPCEPC by Vlaamse Vereniging voor Cliëntgericht-Experiëntiële Psychotherapie en Counseling (VVCEPC), Universiteit Antwerpen, Katholieke Universiteit Leuven, and Faculteit voor Mens en Samenleving.

The conference theme is “Working with Anxiety; From symptom to self”.

Anxiety is a central phenomenon in human existence. A healthy form of anxiety has a positive and stimulating impact on personal growth, while a sickening form of it can have a hindering or blocking impact on psychological development and self-actualization. The blockages may manifest themselves in diverse domains of human functioning: the self (incongruence between self-concept and organismic valuing), the experiencing process and emotional processing, interpersonal relationships and existential issues.

Anxiety is part of the experiencing of most, if not all, clients in therapy. As therapists we sometimes meet anxiety in our clients as a healthy emotion, but most of the time as an obstruction to change in the diverse problems clients are wrestling with. Client’s process-blocking ways of relating to anxiety may refer to being overwhelmed by it as well as to avoiding it. The different manifestations of anxiety or anxiety-avoidance call for different ways of responding to them, dependent on the specific process difficulties involved.

The Local Organizing Committee hope to encourage colleagues to contribute to the conference, inspired by their specific therapeutic practice, whatever their setting, their socio-cultural context, the type of clients they are working with and their theoretical view. Also researchers, theoreticians, trainers and supervisors are invited to involve themselves in depth into the conference theme and to present their findings and new insights relating to anxiety. Contributions not related to the conference theme will be made equally welcome.

The PCE 2012 Local Organizing Committee are: Lisbeth Neven (Chair), Paul Dierick, Pieter Goetvinck, Ellen Gunst, Myriam Jennen, Germain Lietaer, Claude Missiaen, Kurt Renders, Nele Stinkens, Greet Vanaverschot, Lieve Van De Wiele, Suzy Vandermeeren, Marijke Vandervoort, Siebrecht Vanhooren, Ellen Van Diest, Nils Verbeeck.

For information, contact PCE2012@vvcepc.be

More details about the plans for PCE 2012 will be available in the next WAPCEPC newsletter.
Open Participant Centered PCA Program

By Viera Filipová & Monika Gregussová

In this article we introduce a new form of psychotherapeutic training offered by the Institute of Psychotherapy and Sociotherapy in Slovakia, so-called open program/training. In June 2010 program group members decided to change their psychotherapy education program practice so that it fully reflected the basic principles and values of the Person Centred Approach.

One reflection of the openness principle is determination of the program duration. Each participant determines how many lessons he/she will take and the moment when he/she feels ready to end the program. If we trust the growth potential of every person, and if we respect his/her autonomy in accordance with PCA theory, then there exists no reason to prepare a detailed schedule, including the number of lessons required by every participant, i.e. to assume his/her responsibilities. Absence of a structure given in advance is one important factor that contributes to personality growth, development of autonomy and maturity of participants. The fewer fixed points that exist, the more the participant has to rely on his/her own activities and the more he/she assumes responsibility for himself/herself and for his/her development, i.e. he/she is self-reliant.

HOW AND WHY THE OPEN PROGRAM WAS DEVELOPED

According to an unwritten tradition of our psychotherapeutic programs, groups initially are open for several meetings. Discussions about which meeting should be the last open one resulted in December 2003 in a joint decision about leaving the group open. This decision meant that the original contract did not correspond with the reality anymore so we started preparing a new contract. Part of this contract is a declaration that reflects how the program participants understand the principles of the PCA and how they have

Continued on page 6
decided to apply them in their program.

Important topics that kept appearing and temporarily interrupting preparation of the contract included willingness, ability and capacity to give, undertaking, control over one’s life, self-cognition, responsibility towards the co-participants, joint responsibility for the group “performance”, joint responsibility for tempo and quality of growth of co-participants, issues of safety, trust and relationships with other participants. All the group members repeatedly and radically re-evaluated their scale of personal values, opinions, sources of worries and motives of behaviour. The program participants were realizing their mutual interconnections – every one of them influences the growth of the others and thus, to a certain extent, is jointly responsible for the quality of the other therapists.

Based on the contract the participant actively approaches all the forms of education offered by our program. Of course it would be easier to learn theoretical principles and a set of practices according to an exact schedule – “after five years I have completed the program and can start practising”. However we decided to go a little bit further and we are sure this is reflected in the quality of the program graduates.

**OBJECTIONS AND DISCUSSION TOPICS**

The program is open for interested people of various professions and types of academic education. We think that the therapist’s profession is based on his/her skills, knowledge and self-experience developed during the program and not on their academic education. The client comes to the therapist as to another human being who could offer the client some help to understand his/her problems better. The client looks for human understanding, a wise person and a psychologically safe relationship that will bring a corrective emotional experience and will release the client’s potential that is needed to settle the life problems.

As the program participants we see that in such groups there exists a strong social pressure making us change our opinions and behaviour, bringing a deep confrontation with honesty and veracity in one’s own functioning and towards the other par-
participants, and enabling honest work on our topics. Every missed possibility to grow and to fulfil the program requirements remains with the participant, not with the organizer and facilitator.

Another objection we encounter is that somebody may be given the certificate prematurely, without the necessary self-experience and without developing his/her skills. This option is prevented by the fact that the opinion of other participants about whether they see the participant as a therapist, and whether or not they would come to him/her for therapy, is an inherent part of every certificate. In the event that some group members do not perceive a participant as a mature therapist, the participant decides himself/herself whether he/she will accept the certificate or whether he/she will continue in the program.

The group members bear joint responsibility for the quality of a graduate and they perceive this obligation seriously. Practice shows that, despite the possibility of receiving the certificate prematurely, no participant has ever utilised it. We know that the group has its own wisdom and power and can ensure that no immature therapist will leave early and, that participants ready to operate as therapists will accomplish the program.

We do not say that PCA or this sort of training program is the only right way or the only right therapeutic approach – it is only the right one for us. It is good that there exist a number of therapeutic approaches and everybody can choose the one, he/she can fully trust.

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Share Your Experiences With Other Members

We would like the newsletter to be an interactive space where worldwide person centered views can be expressed.

Experiences and testimonies:  
We would like you to share your personal feelings and thoughts on how you are being affected by your relationships with clients and students. How has your work changed you? What you have learnt from your experiences?

Living the theory!
We are inviting you to share how “our way of being” affects you in your everyday life. How challenging and rewarding is it to “live the theory” with your partners, children and friends.

Making a difference: The quiet revolution!
We would like to include the testimonies of people who have done something original, creative and powerful within our PCE world. If you are one of them or you know of someone, please contact us.

Feedback
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.

Guidelines: Communications should have no more than 500 words.
Write to: newsletter@pce-world.org
New Member: The Consultative & Training Institute «Status»

In January 2011 we were delighted to welcome The Consultative & Training Institute «Status», based in Orenburg in the Russian Federation, as new organizational members of the WAPCEPC. Here we find out more about our new colleagues and their work.

1. Who are you and what are you based on?

We are a group of psychologists working in the client-centered approach. We are interested in offering professional and qualified psychological help for the population in our region. We are engaged in training people who are interested in the skills of consultation and training, which can be applied both at work and in everyday life.

Our experts have psychological education and training in Psychology. Three candidates of science and one doctor of sciences work for us. Our work has an academic quality. We are interested in the social world and people in it. We suggest them to be more socially competent and to live better. We have a room for training, and a room where there is a sandbox and a collection of toys, to work with children.

We are in Russia, in Orenburg, the Orenburg region. It is a city on the border with Kazakhstan in the Southern Ural Mountains. There are more than 100 different nationalities that live in peace and friendship, work, and establish families in our area.

2. In which way does your organization work?

Work in our organization occurs in three areas:

- Psychological consultation: individual, family, children. We are also engaged in social projects – by working with teenagers who have committed offenses, and supporting women who are planning an abortion. We are also planning to have an online help service. For seven years we have had a conference: “Psychological Help: technique, forms, and experience”.

- Work with organizations: we offer training programs to various companies of the area connected with research in the organizations, training of development of skills, and follow-up programs.

- Training in practical skills: we have a three-year training program. Its purpose is training in consultation skills, and in personal and professional sup-

Continued on page 9
port of students. We offer three lines of support during training: personal consultations and personal development, professional support groups, and training. We offer 36 courses of 16 to 20 hours.

3. What has been your biggest success to date?
We have managed to establish the confidence and the connections to coordinate a strategy of development for our organization. It is the biggest success of our group. Our organization has been established almost 8 years; we have had hard times, but the friendly relations of its members help us to be together, have goals, and develop results. Being trustful to our clients is another big success of our organization. We are respected as experts and our clients know that even in difficult cases they will find support. We work for psychological services. We have created a school for the training of experts: teachers, doctors, social workers and psychologists. We cooperate practically with all state structures and institutes in the Orenburg region such as universities, training departments, organizations of youth affairs, the ministry of emergency situations, power structures. We are the organizers of a conference which coordinates experts not only in cities, but also in the whole region.

4. What difficulties do you face today?
Every small organization in Russia has financial problems. We have to deal with big rent expenses, and tax payments. This complicates the development of material resources, especially buying equipment, and the maintenance of the place. We spend a lot of energy in advertising our activity. Another great difficulty is the weakness of professional psychological associations in Russia, the absence of standards and legal bases for their activity, the absence of support of the professional community in the psychological services. There are people without psychological qualification in psychological services. There is no certification of experts in psychology in Russia. That’s why we meet professional ethical problems and it is difficult to react to them.

5. What are your hopes for the future?
Our plans and hopes for the future are connected with our work. We are planning participation in conferences, working in various directions, strengthening cooperation with the psychological organizations in Russia and abroad. First we do everything we can so that psychological help in Russia can be widely spread for everyone. Second, our goal is that every person can receive qualified psychological help. So we hope that cooperation will help our training and professional growth.

6. Why are you a member WAPCEPC?
We have joined the World association to meet colleagues, to exchange experiences, to have cooperation, to receive feedback and professional support, to get acquainted with experts in our sphere in Russia and other countries.
Development in the regulation of Counsellors and Psychotherapists in the UK

By Clair Higgon, PCT Scotland

The UK Government announced in February 2011 that there will be, at least for now, no statutory regulation of Counselling and Psychotherapy in the UK.

Under the previous government, statutory regulation with legal protection of titles was proposed under the Health Professionals Council.

The following is a brief summary of the current statement:

“For the overwhelming majority of occupational and professional groups which are not currently subject to statutory regulation and which are generally not considered to present a high level of risk to the public, but where recommendations that regulation should be introduced have been made (including those groups recommended by the HPC for statutory regulation in the past, but not yet registered) the assumption will be that assured voluntary registration would be the preferred option.” (Quote from the UK Government’s Command paper “Enabling Excellence”)

The UK Government’s rationale for this substantial shift in policy recognises that the case for across-the-board statutory regulation has not been made, and that its imposition would constitute a disproportionate and inappropriate response.

The Paper proposes to give additional powers to the Council For Healthcare Regulatory Excellence (CHRE) to deliver assured voluntary regulation via accreditation of existing voluntary registers, such as that held by the British Association for Counselling and Psychotherapy. This appears not to be a mandatory form of regulation. Significantly, the Paper also appears not to involve the protection of titles as had previously been recommended by the Health Professions Council.

Organizational Members News

Renewal of Membership 2011

Representatives of Organizational Members: have you renewed your organization’s membership of the WAPCEPC in 2011? There is no increase to the cost of organizational members in 2011. Remember your organization must be a current member of the WAPCEPC to participate in our chapters’ activities.

To renew your organization’s membership, log in to the WAPCEPC website (www.pce-world.org) using your personal username and password and go to “Join as an Organization”.

If you require assistance, contact Di at info@pce-world.org.
Developments in PCE Europe

By Angelique Timmerman, on behalf of PCE Europe

The current PCE board was elected at the General Assembly in Rome in June 2010, contains 6 representatives (Germany, Scotland, UK, France, Greece and the Netherlands) and is being chaired by Willi Roes. Our focus has been on several issues aimed at strengthening the position of person-centered therapists and trainers throughout Europe by utilizing available information sources and cooperating with other European organizations. We have updated our website (www.pce-europe.org) requesting members to deliver information for the event calendar which is to be published on the website twice a year. We are also developing a page on our website to host a news board where member organizations could inform each other about their focus and activities by displaying documents or information about the person-centered approach. The dialogue with the European Association of Counselling (EAC) has become more structured by exploring the best way to co-operate and support each others work and the exploration of information channels between the organizations. PCE board members (Willi Roes and Danae Marinakis) attended EAC board meetings and information about history, goals and members of the PCE network has been depicted on the EAC website (www.eacnet.org). The relationship with the European Association of Psychotherapy (EAP) has continued to evolve in a constructive manner. PCE Europe has been re-accredited as European-Wide Accrediting Organization (EWAO) and EAP board meetings will be attended by a PCE representative (Heino Mönich). Upcoming activities are the development of a questionnaire to collate information on the scope and person-centered activities of member organizations to present at our next General Assembly and during a presentation or workshop at the world conference in 2012. In reference to this there are two issues that need special attention:

Legal position of PCE therapists and trainers in France and Germany

In France, a new law concerning the title of psychotherapist was issued in 2010. Regrettably, the protected title is only awarded to those from medical and psychological backgrounds and ‘psycho-practicien’ seems to be the preferred name. This implies that PCE therapists invent new titles for their profession, for instance by using specific names attached to the approach. For example, ‘thérapeute centre-sur-la-personne’ In November 2010, the Federal Constitutional Court in Germany rejected two law suits filed by the GwG (Gesellschaft für wissenschaftliche Gesprächstherapie) with the aim of attaining recognition for PCE psychotherapy as a modality within the statutory
regulation of Psychotherapy. This marked the end of the attempt to achieve recognition for PCE therapy through the legal system. Alongside person-centered counselling, there needs to be renewed focus on PCE tradition in general, besides a revision of strategies and tapping into and development of new markets.

**PCE Europe certificates**

During the past years PCE Europe has been active in developing a system of certificates (initiated by Peter Schmid, chairing a small committee) in order to make European person-centred therapists and trainers more visible to the general public, governments and insurance companies. Issuing certificates promotes a stronger more unifying person-centred paradigm and enables therapists to move between countries within Europe.

The PCE board has decided to issue 5 certificates: one for therapists, one for counsellors and one for therapists/counsellors with a footnote confirming recognition of training and not legal recognition. The other 2 certificates are one for therapists, one for counsellors confirming both training and commitment to the principles for PCE training and further training in psychotherapy and counselling, acknowledged by the country of residence. The certificate committee (Anne Wunderle, Marina Issifides, Magda Draskosky) have issued 34 practitioner and 2 trainer certificates up until 2011 with 13 more in the pipeline, mainly to German therapists and trainers.

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**Events**

[Continued from Page 13]

**Tagung 15 Jahre „Forum der APG“ (G & E):** VerbundenSein - Personzentrierter Ansatz und Spiritualität im Dialog (u.a. mit Mia Leijssen, Klaus Renn und Gill Wyatt)

- **Date:** October, 6-7, 2011
- **Place:** Kardinal König Haus, Wien-Speising
- **Info:** www.apg-forum.at; buero@apg-forum.at

**XVI Encuentro Argentino del Enfoque Centrado en la Persona (S)**

- **Date:** October, 27-30, 2011
- **Place:** Mar del Plata, Argentina
- **Info:** sjauregui@oolsinectis.co.ar

**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
Events

3rd Annual International Conference on Religion Conflict & Peace (E)
Date: April, 8-10, 2011
Place: Dearborn, Michigan, USA
Info: www.cbiworld.org/pages/conferences_RCP.htm

Creating Connections: International Conference on Attachment, Neuroscience, Mentalization Based Treatment and Emotionally Focused Therapy (E)
Date: April, 19-20, 2011
Place: Kaatsheuvel, The Netherlands
Info: www.creatingconnections.nl

IV International Conference: Self & Other—the Sacred Space for Dialogue (E)
Date: April, 28 - May, 2, 2011
Place: St Petersburg, Russia
Info: http://eng.inharmony.ru/11

La Jolla Program UK (E)
Date: April, 30 - May, 8, 2011
Place: Honiton, Devon, UK
Info: lajollaprogram@hotmail.co.uk

Austria Programm 2011 - 30. Internationaler Personzentrierter Workshop: Encounter-Gruppe in der Tradition des La Jolla Programms (mit Brian Thorne, Peter F. Schmid, Renata Fuchs) (G)
Date: June, 1-8, 2011
Place: Bildungshaus Schloss Großrűßbach bei Wien, NÖ
Info: www.austriaprogramm.pfs-online.at; +43 699 81513190, office@pfs-online.at

Date: June, 1-5, 2011
Place: Asilomar Conference Grounds, Pacific Grove, California, USA
Info: www.2011focusingconference.com

Going Global Workshop (E)
Date: June, 1-6, 2011
Place: Arlington, Vermont, USA
Info: www.carolwolter-gustafson.net/workshop.html

II. Fortbildungstage der Gesellschaft für wissenschaftliche Gesprächspsychotherapie (GwG) (G)
Date: June, 17-18, 2011
Place: Mainz
Info: www.gwg-ev.org; akademie@gwg-ev.org

Escuela de Verano de Focusing (S)
Date: July, 7-13, 2011
Place: Miraflores de la Sierra, Madrid, Spain
Info: www.focusing.es

Philosophy of Psychotherapy Conference (E)
Date: July, 8-11, 2011
Place: Norwich, UK
Info: www.uea.ac.uk/counselling/philosophyconference

ADPCA 2011 – 25th Meeting (E)
Date: July, 27 – 31, 2011
Place: Loyola University, Chicago, USA
Info: adpca2011@gmail.com

Focusing-Woche Achberg 2011 (G)
Date: August, 5-14, 2011
Place: Humboldt-Haus Achberg bei Lindau am Bodensee
Info: www.focusing-netzwerk.de; gfk@bluewin.ch

BAPCA 5th Conference (E): Adversity in PCA - Dodo or Phoenix
Date: August, 19-22, 2011
Place: The Royal Agricultural College, Cirencester, England
Info: convenor@bapca.org.uk

World Congress for Psychotherapy 2011 (E): World Dreaming
Date: August, 24 - 28, 2011
Place: Sydney, Australia
Info: www.wcp2011.org

Fórum Brasileiro da Abordagem Centrada na Pessoa (P)
Date: September, 4-10, 2011
Place: Ilha do Marajó, Pará, Amazonia, Brazil
Info: forumcppa@gmail.com; www.forumbrasilacp.wordpress.com

E = English, G = German, F = French, P = Portuguese, S = Spanish

Continued on page 12
Publishing the journal has now been transferred to Taylor and Francis, and very soon we will have a web-based electronic submission and review system. Currently the editors are working hard with this publisher to set up these systems and make them smart enough to meet all requirements the WA and the possible authors have. The possibility for authors whose first language is not English to submit an initial version of their papers in their first language will be maintained.

Of course, any new system will not work perfectly in the beginning, and we apologize in advance for any upcoming inconveniences – we will try to balance this with a more than ever person-centered attitude to everyone.

Prof. Jeanne Watson has resigned from being one of PCEP’s Editors. We, the remaining crew, are very sad. Many, many thanks and all good wishes go to her. The WA board will organize the appointment of a new editor soon.

The editors will hold their annual meeting in June in Bern, Switzerland to review these developments and make plans for the journal.

Finally we encourage everyone who has presented in Rome and not yet written a paper to submit something. With the flexibility afforded by our publishing agreement, we can keep the publication lag short. The audience for conference presentations is limited, and PCEP is a means to spread ideas and reports of practical work all over the person-centered world. Use this.

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April 2011

Dates for 2011 Newsletters
Please send us your material for the next two issues of the newsletter by the following dates:

- 31st May 2011
- 30th September 2011

Send your submission to the editorial team (Lidia Fogliati, Susan Stephen, Graham Westwell) at newsletter@pce-world.org.

Thank you!