

Editorial

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A New Era for the Rosen Method International Journal

For the Fall issue of 2013, the Rosen Method International Journal began operating under new leadership. I continued to serve as editor-in-chief with a new editorial board and a new team-based editorial process. Members of the new editorial board (see the Editorial Staff link on our website for detailed bios) are Helmi Boese (Germany), Carol Cober (Maryland, USA), Alan Fogel (Utah, USA), Riitta Hoffrén-Larsson (Sweden), Lillian Lavesson (Sweden), Jane Pittsinger (California, USA), Susanna Smart (Ohio, USA), Lotti Vialle-Maibach (France, Germany, Switzerland), and Jeanie Williams (New Mexico, USA).

After publishing the Fall, 2013 issue of the journal, this new *RMIJ* editorial board worked on writing a charter for the journal to the Rosen Institute Board of Directors. Our charter was based on standard journal charters in other professional organizations as well as experiences gathered about the workings of the *RMIJ* in relation to our profession and to the RI since the inception of the journal in 2008. We submitted our charter to the RI in November, 2013, for discussion and approval. At their meeting on April 8, 2014, the charter was approved unanimously by the RI Board of Directors.

In our role as the official journal of the RI, the charter specifies particular rights and responsibilities for the editor and editorial board. We have published the entire charter document in this issue of the journal and we welcome your feedback. The charter contains many different sections relating to the professionalization of the journal and the field of Rosen Method. In this editorial, I will highlight a few of the sections of our charter and discuss their implications.

Although supported by the Rosen Institute, the *RMIJ* will continue to be an independent editorial voice for Rosen professionals and we will consider for review and possible publication, any article about Rosen Method so long as it meets the requirements for the journal given on the website and as specified in the charter. The *RMIJ* is granted editorial independence in order to provide a forum for diverse perspectives (Section 5.4: Editorial Independence).

While all perspectives are invited, the charter specifies that if you are a Rosen Method professional, you must be a member of the RI in order to contribute to the journal as author, reviewer or editor. You must also agree to abide by the RI Code of Ethics and Standards of Practice (Section 3.4: Conflict of Interest, Code of Ethics, and Rosen Institute Membership). Contributions and editorial roles are welcome from members of other professions but those individuals – if they are not also Rosen professionals – will need to attest to their membership in their own appropriate professional organization.

Creating a Forum for Inquiry in the *RMIJ*

The charter specifies that one of the roles of the editorial board is to promote inquiry into Rosen Method.

4.2 Promoting Inquiry: The editorial board will be proactive in creating and promoting inquiry into Rosen Method. This includes creating domains of inquiry to be investigated by teams within the editorial board as well as providing tools and support for Rosen Institute members to pursue their own lines of inquiry. Inquiry is broadly defined as any documentary procedure that collects, organizes, analyses, and interprets information about Rosen Method work. This may include formal research studies, interviews, focus groups, and case reports. The inquiry may be about effects on clients and students, specific treatment populations, or about the organization, administration, promotion and teaching of Rosen Method.

This wording invites all forms of inquiry for possible publication in the journal. Many professional journals will accept only articles that meet certain formal criteria for research. While the more standard clinical research models are useful in establishing scientific credibility, inquiry into Rosen Method has only just begun. We would like to encourage Rosen Method professionals to develop their own natural inquiry process by observing with “soft eyes.” By building our own methods of inquiry that fit the type of work we do, and connecting this to already existing international research, we contribute to the growing credibility of Rosen Method.

We are still in a “natural history” phase of inquiry in which we need more information about how Rosen Method Bodywork and Movement is practiced around the world. In this phase of inquiry, we invite a broad range of methods and approaches that document what we do, how we do it, and how people receive the work. The *RMIJ* has an intention be a part of the process that will raise the level of knowledge about Rosen Method and in this way be a support for Rosen Method practitioners worldwide to achieve professional knowledge and status. The intention of these articles is also to give information about Rosen Method to other (health care) professionals and also to clients and non-professionals.

In this Issue of the *RMIJ*

This issue, Volume 7, Issue 1, Spring 2014, is the biggest issue of the journal to date, both in terms of numbers of articles and number of pages. As explained in Section 1.1 of the *RMIJ* Charter, we will be organizing articles into sections according to their theme and content. In this issue, we have articles on Rosen practice, commentaries on an article published previously in this journal, and reports from the Rosen Institute.

Our charter also creates the role of “Action Editor.” As explained in the charter, Section 2.2,

The **action editor** is a member of the editorial board assigned to be the primary editor of a particular article. Reviews will be submitted to the action editor who will summarize suggestions for revision, including those of the reviewers and action editor . . . The action editor will consult with the editor during and at the end of this process to make decisions about acceptance or rejection.

The action editors in this issue of the journal are mentioned below.

Practice

The Safe Container of Interpersonal Relationships, by Ivy Green (Action Editor: Alan Fogel).

Attachment Patterns and Emotional Regulation in Interpersonal Relationships, by Ivy Green (Action Editor: Alan Fogel).

A Preliminary Inquiry on Rosen Method and Mindfulness: What we Notice, by Carol Cober, Susanna Smart, and Jeanie Williams (Action Editors: Jane Pittsinger and Alan Fogel).

Commentaries (Action Editors: Lotti Vialle-Maibach and Alan Fogel).

Commentary on Mikael Kindborg's "Rosen Movements and Words," by Lotti Vialle-Maibach.

Commentary on Mikael Kindborg's "Rosen Movements and Words," by Catherine MacGuinness.

Reply to Commentaries, by Mikael Kindborg.

Reports from the Rosen Institute

Building Our Space to Listen, Give Voice and to Be Heard, by Mariette Berinstein, is an open invitation for everyone to attend the upcoming Rosen Method Global Congress in Whistler, BC, Canada (Action Editor: Jeanie Williams).

Rosen Method International Journal: Charter to the Rosen Institute, by the editorial board of the RMIJ (Action Editors: The RMIJ Editorial Board).

The two articles by Ivy Green are previews of her forthcoming textbook on Rosen Method Bodywork. Also to be included in her text is the article [The Role of the Diaphragm in Self-Awareness and Transformation](#), which was published in Volume 5, Issue 2, 2012 of this journal. The articles in the current issue are both about how interpersonal relationships affect the ways in which we engage with clients during Rosen Method Bodywork practice.

Ivy reviews the most current research on how the interpersonal relationships between client and practitioner -- and between the client and the significant people who have shared their life histories -- can affect clinical outcomes. Most of this research comes by way of psychotherapeutic clinical change, and Ivy brings a great deal of insight into how these interpersonal processes play a role in Rosen Method Bodywork. Ivy also reviews research from the contemporary field of affective neuroscience: the study of the brain, emotion and interpersonal relationships. We can all benefit from the thoughtful work Ivy has done to create two integrative and highly relevant articles.

Ivy's work contributes to and extends the growing literature on Rosen Method, emotion regulation, and interpersonal relationships. Ivy makes reference to two articles previously published in the RMIJ on a similar theme. One is by [Dorothea Hrossowyc](#) and the other by [Kerstin Zettmar](#). I highly recommend reading all of these articles as a way to understand different perspectives on how these related disciplines can enhance our understanding and our clinical practice in Rosen Method.

In this issue of the journal, we present our first attempt at inquiry via editorial board collaboration with the article on mindfulness and Rosen Method. This article, like all others which appear in the RMIJ, was assigned an action editor who is not one of the authors. The action editor, Jane Pittsinger sent the article for blind peer review and then integrated the reviewer's comments with her own. This was followed by a revision

from the authors based on these comments.

The authors – Carol Cober, Susanna Smart, and Jeanie Williams – selected a group of Rosen Method Bodywork practitioners and Movement Teachers who had some connection to mindfulness practices. The authors see their contribution as an initial inquiry, one that explores perceived links between mindfulness and Rosen Method. They plan to follow up with a formal research study. Their work can serve as a model for how we can begin to ask about the different ways in which Rosen Method is practiced. This inquiry process can give us more insight into what Rosen Method is and is not, and how other types of training and experience may enhance our work. Especially as we move toward requiring continuing education for Rosen Method professionals, taking trainings in mindfulness and other related disciplines may be considered as relevant.

Similar to Ivy Green's work, the current article on mindfulness follows a previous article in the journal on a similar topic. Dina Kushnir's article on mindfulness is essential reading in this regard. Dina's article also has the distinction of appearing in the very first issue of this journal.

The next section of this issue is commentaries. Commentaries on articles published previously in this journal have been a standard feature and we continue to invite them for any of our articles. In this case, we have two commentaries on Mikael Kindborg's article on *Rosen Movements and Words*, published in the previous issue of this journal, as well as a reply from Mikael. According to both Lotti Vialle-Maibach and Catherine MacGuinness, Mikael's article has resonated in parts of the Rosen Movement community. His article is being used and discussed in trainings and gatherings. These commentaries also provide helpful suggestions for how to use and to read Mikael's article.

As I have said many times in my editorials, writing about Rosen Movement is one way to move the field forward. Lotti Vialle-Maibach is a member of our editorial board who is both a Rosen Movement teacher trainer and a certified bodywork teacher. Lotti is especially committed to bringing more writing and inquiry about Rosen Movement into our field via the journal. I encourage you to contact Lotti about your ideas. Lotti can also help you in joining or in creating teams for inquiry, much like our preliminary investigation into mindfulness that appears in this issue.

Finally, in this issue is a section of reports from the Rosen Institute. These reports include the previously mentioned journal charter, and a letter of invitation to the 2014 Global Congress in Whistler, BC, from congress organizer Mariette Berinstein. I want to join with Mariette in inviting everyone in the Rosen Community to attend this important event, to learn and to share and to build our future together.

Please write for the Rosen Journal

I invite all readers to submit commentaries on these articles, which would appear in the Fall issue of this journal. If you would like to comment on either of these articles – to agree, disagree, or discuss – please submit your commentary to fogel.alan@gmail.com by October 31, 2014. Commentaries should be in the form of a WORD document and no more than three pages in length. Please include your name, email address, and your level of certification within the Rosen community. Authors will be given an opportunity to write a response to any and all commentaries.

Submissions for all other articles for the next issue of this journal are due no later than July 31, 2014. The deadline for the following issue is October 1, 2014. I encourage you to contact me at fogel.alan@gmail.com

soon if you have an idea for an article or book review so that I, with the help of the new editorial board, can help you prepare it for submission. A complete listing of guidelines for preparing your articles for submission can be found on the journal website at www.rosenjournal.org. Categories for articles can be found in Section 1.1 of the charter:

- **Original Research:** Systematic peer-reviewed investigations or inquiries that reveal new knowledge about Rosen Method, using qualitative or quantitative methods; including group comparisons, pilot studies, case studies, focus groups, questionnaires, interviews, etc.
- **Education:** Articles related to the teaching of Rosen Method Bodywork and Movement including new teaching methods, school curricula, continuing education policies.
- **Practice:** Discussions of Rosen Method theory related to practice, comparisons to different modalities, new directions in practice, reviews of scientific research related to Rosen Method practice, personal histories of being a client, practitioner or teacher, gender-based or diversity issues, working with particular populations such as child abuse, trauma, work stress, cancer and other chronic illnesses, patterns of change over a session or movement class, etc.; Critical analysis of treatment practices with the intention to find successful or unsuccessful approaches; Interviews with key practitioners or teachers concerning their view on Rosen Method and the need for changes; Discussions about scope of practice concerning treatments for different types of clients.
- **Commentaries:** Short opinion pieces in response to articles previously published in the journal, or about any aspect of Rosen Method: 1500 words maximum.
- **Reviews:** Reviews of books, films, DVDs and other media relevant to, but not necessarily about, Rosen Method.
- **Governance and History:** Essays about the foundation of Rosen Method, about particular key figures, about the founding of schools or practices, and/or about how Rosen Method has changed over the years; articles related to the foundation and administration of RMPAs.
- **Reports from the Rosen Institute:** Articles related to the global organization and governance submitted on behalf of the Rosen Institute board [see section 5.3 of this document].