

Editorial

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In this Issue of the RMIJ

Practice

Trauma Therapy with Rosen Method Bodywork, by Anais Salibian (Action Editor: Alan Fogel) is the main feature of this issue of the journal. This is the first article published in this journal to address the theme of treating trauma with Rosen Method Bodywork. After many years of informal discussion of the topic of trauma within the Rosen community, Anais offers readers a timely and informative guide to Rosen practitioners.

Trauma is a “hot” topic in many different approaches to human healing and recovery. Fortunately, we have a great deal of emerging neuroscience and evidence-based clinical approaches to inform us about the nature of trauma, how it affects the nervous system and whole body, and ways to work with the effects of trauma. It is important to remember that the concept of “trauma” refers not to events, but to the effects of those events on the person and their nervous system. An event that may be traumatic for one person, may not be traumatic for another person.

In this article, Anais expertly weaves the current trends in science and clinical practice from other disciplines, along with personal experience and engaging case reports from her Rosen Method Bodywork practice, into a coherent narrative about how Rosen Method can be an effective approach to treating certain types of trauma. In addition, Anais presents concrete guidelines for practitioners that she has learned from her own recovery process and from working with many different types of clients and Rosen students. Her writing style is down-to-earth, emotionally alive and moving, personal and, above all, deeply insightful and informative.

Warning: take your time reading this article. Let yourself be moved by it and let it into your body awareness at your own pace. Trauma is not an easy topic because it stirs our own traumatic memories and experiences.

Personally, I found myself processing a lot of my own history through reading this article. As editor, I had the opportunity to engage and re-engage with the words, and with Anais, over many hours and days. In the process of doing this, I was able to feel – once again -- and continue to work through some of my own trauma. Anais’ writing helped me to feel supported and affirmed in the way that I have managed my own trauma, in the way I work with trauma in my clients, and in how I teach about trauma to my Rosen students.

I was especially touched by Anais’s treatment of **secondary trauma**, the trauma of the witness and the bystander, of the family members who live with those who have taken the primary impact. As a Jew, I have always been deeply impacted by stories about persecution, by scenes of films about the holocaust, by the testimony of my relatives, and by my own direct experiences of anti-Semitism when I was a child. I cannot watch any more films about WWII because I will have nightmares, body tremors, and mood swings as a result.

I have been to many holocaust museums and memorials, but I'm done now with that because I understand why and how my body has these reactions, that there is nothing I can do to control them except to protect myself from further exposure.

Some trauma never completely heals. We just learn to notice, name, and regulate its effects, to set appropriate boundaries for self-protection, and to move on with our lives. We can learn to live with a "knowing" about the violence and cruelty in the world and also about the possibilities for love, safety, and presence that for me, like for Anais, have come partly via Rosen Method. In her article, Anais writes,

I have come to see myself as a process linked to an unfathomable array of processes. I have learned how to come back to myself when I leave. When I am home here in my body, I am safe because I'm me. From here, I look at my world and it is suffering; it is beautiful; it is kind to me. I'm not separate from it (p. 31).

I am grateful for this article and for what it has to offer Rosen practitioners, students, and clients. I hope you will take some time with it and allow it to touch something inside yourself that perhaps you did not know was there.

Commentaries (Action Editor: Jane Pittsinger)

The commentaries in this issue of the journal were invited and edited by editorial board member, Jane Pittsinger. There are two commentaries on the article that was published in the previous issue of this journal, *A Preliminary Inquiry on Rosen Method and Mindfulness: What We Notice (Rosen Method International Journal, 7, Issue 1, pp. 49-62)* by Carol Cober, Susanna Smart, and Jeanie Williams. In addition, the authors have written two replies to these commentaries, one by Susanna Smart and the other by Carol Cober and Jeanie Williams.

The commentaries offer a lively dialogue about how people understand the nature of mindfulness, whether it is primarily a way to pay attention with focus, or whether it includes more "spiritual" aspects such as lovingkindness and forgiveness. This discussion is made relevant to Rosen Method, both bodywork and movement, in terms of the way in which Rosen practitioners approach their clients and students and whether or not some aspects of mindfulness should be included in the training and preparation of Rosen practitioners. Also discussed are cultural differences in the application of mindfulness and perhaps in the application of Rosen Method. The original article, plus these commentaries and replies, make clear that mindfulness is likely to be a core topic in future discussions of Rosen Method.

Please write for the Rosen Journal

I invite all readers to submit commentaries on any previous article from the journal, which would appear in the next issue of this journal. Please submit your commentary to fogel.alan@gmail.com by June 1, 2015. Commentaries should be in the form of a WORD document and no more than three pages in length. Please include your name, e-mail address, city of residence, 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 April 15, 2015. 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 and the 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 web site 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.