

# Editorial

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## Changes in the RMIJ

This issue is the last for which I will serve in the position of Editor of the Rosen Method International Journal, a position I have held for the past 8 years, since I began work on establishing the Journal in 2007. In my Editorial in the first issue of the Journal which appeared in 2008, I explained my vision for an open-access, online journal that would bring together our diverse Rosen Method community including people from different countries, speaking different languages, and inclusive of both Rosen Method Bodywork and Movement.

In the process of creating this journal, I wish to thank the many different people within the Rosen community who offered advice, guidance and support. Marion Rosen was in this group, and she was extremely enthusiastic about the idea as was Mary Kay Wright, then president of the Rosen Institute. The most important group that was instrumental in the creation of this journal was the first international editorial board that included Annabelle Apsion (UK), Gail Bourque (USA), Carol Cober (USA), Isot Jacobs (Germany, USA), Anne Birgit Rustad (Norway), Marie-José Thijssen (Netherlands), and Jeanie Williams (USA).

In 2012, a new editorial board was established including myself as editor, with Carol Cober and Jeanie Williams continuing, and adding new members Helmi Boese (Germany), Riitta Hoffrén- Larsson (Sweden), Lillian Lavesson (Sweden), Jane Pittsinger (California, USA), Susanna Smart (Ohio, USA), and Lotti Vialle-Maibach (France, Germany, Switzerland). In 2014, in collaboration with this editorial board, an official Journal Charter was approved by the Rosen Institute Board under the leadership of Rosen Institute President Lynda Napier.

The Journal Charter explains the purpose and scope of the Journal, the process of submitting articles to the Journal, how articles are to be reviewed and published, the roles of the editor and editorial board members, and the relationship of the Journal to the Rosen Institute. The charter also specifies terms for the editor and editorial board, and creates a means by which future journal editors will be elected by the membership of the Rosen Institute, beginning in 2016. Section 4.8 of the Journal Charter states:

Elections will be held on June 1, 2016 for the editor to begin the term of duty in July of the same year. Candidates for editor should have similar qualifications as those of the editorial board (section 4.7), such that the most qualified candidates shall have served on the journal editorial board, or some other editorial position outside of the Rosen Method community. While authors, reviewers, and editorial board members may be non-Rosen Method professionals, candidates for editor must be members of the Rosen Institute and must have been certified as Rosen Method bodywork practitioners or movement teachers for no less than three years.

In discussions with the current editorial board during this past year, editorial board member Carol Cober has agreed to stand as a candidate in the election for the next editor of the Journal. I will resign as editor on December 31, 2015 and Carol will serve as Acting Editor between January 1, 2016 and the time of the election in June, 2016. I will work closely with Carol during her time as Acting Editor, providing guidance and training. During the preparation of this current issue, Carol has been working closely with me to observe the editorial process. She also co-edited the commentaries with me. With her 8 years of service on the editorial board, along with this current period of apprenticeship with me and 6 months as Acting Editor, Carol will be a strong candidate to be elected as your new editor. In addition, Carol has her own unique set of qualifications, background and experience that are described in her profile on the Editorial Staff page of this journal.

In my role as editor, I have had the privilege of working with a great many authors, helping them to bring their creative ideas into written form in a way that can be shared among our Rosen colleagues and other readers. I send my gratitude to the many unnamed reviewers who have devoted time to careful reading and making suggestions to authors, and the authors who have worked hard to revise their work in response to the suggestions received from me and the reviewers. All of this labor of love has vastly improved the quality of what gets published in the Journal.

Although I will continue to be a member of the Editorial Board, I feel I have accomplished my goal of establishing a journal that creates an opportunity for a high level of professional dialogue, sharing, and creativity and that conforms to the professional and ethical guidelines of the Rosen Institute and Rosen Method worldwide. The open-access component is important in this stage of the professionalization of Rosen Method, since anyone on the internet can find articles in our journal and become more familiar with our work.

But this is just a beginning. A new editor will bring fresh ideas and an expanded vision of how our professional journal could reflect and communicate the complex and holistic practice that is Rosen Method. I look forward to the incorporation of new media into the journal – including artistic work, interviews, video documentaries of bodywork sessions and movement classes, and online tools for documenting the effects of our work. The journal has been a place where Rosen professionals have reported about their work. It can also be a place where information is gathered in order to create a broader view of the field. The journal could support continuing education in writing and research methods, and play a role in the ongoing process of making Rosen Method an internationally recognized evidence-based health care modality.

### **In this Issue of the RMIJ**

#### **Practice**

The featured article in this issue of the journal is by Riitta Hoffren-Larsson (Sweden), *From touching to supportive caring – results from two studies on Rosen Method Bodywork* (Action Editor: Susanna Smart, USA). Hoffren-Larsson is a Nurse Researcher on the staff of Stockholm's prestigious Karolinska Institute. Although she is not a Rosen Method Bodywork (RMB) practitioner, she has devoted a portion of her research career to the study of RMB and has been successful in publishing two research articles in other journals on this topic. Hoffren-Larsson is also a member of the Editorial Board of the RMIJ.

Hoffren-Larsson's first publication on RMB appeared in the Journal of Alternative and Complementary Medicine. Since this article was one of the first research studies on RMB to be published in an international

scientific journal, I interviewed the author and wrote a [review of this and other research on RMB for the RMIJ](#). Hoffren-Larsson's [second research publication on RMB](#) appears in the *European Journal of Integrative Medicine*.

Hoffren-Larsson's article in this current issue of the RMIJ is a review and summary of these two publications. This article also introduces some findings that did not appear in either of these publications and thus represents a unique contribution to the research literature on RMB. The author's main concern is to investigate the health-promoting aspects of RMB as a health care modality. Most importantly, this article introduces a theoretical model of the practitioner-client relationship, a model that is based on the nursing theory of Barbro Gustafsson and that encompasses the components of **Sympathy (S)**, **Acceptance (A)**, **Understanding (U)**, and **Competence (C)**: The SAUC Care Model. Nursing theory defines the patient/client as an active bio-psycho-social-spiritual human being and the goal of Nursing is to support people in their own self-actualization. This aspect of the SAUC Care Model is important, since RMB practitioners are not taking care of clients, but rather empowering clients to feel and to find themselves.

From this perspective, Hoffren-Larsson suspected that RMB clients would have more successful outcomes from their RMB treatments if they felt that their practitioners were more caring – that they showed sympathy, acceptance and understanding, and who promoted competence, self-awareness and self-realization. If clients felt that practitioners were less caring – those who did not support them in this way – they should be less likely to profit from their RMB treatments. To study this idea, Hoffren-Larsson compared the statements of clients who remained in RMB treatment with clients who dropped out of treatment.

The author reports that in her study, "the 9 participants who experienced better outcomes perceived more caring in the relationship while the 2 participants who discontinued RMB and reported poor outcomes reported less caring. Caring, therefore, was an important part of the interpersonal interaction in successful outcomes for RMB clients."

Although the sample size is small, this study points to a common core of characteristics – those defined by the SAUC Care Model – that support optimal outcomes in a variety of modalities, including RMB. This study is also important as a step toward discerning what elements and aspects of RMB are common across other health care disciplines, and what elements may be unique to the practice of RMB.

The second article in this issue is a translation into German of the article, *Trauma Therapy with Rosen Method Bodywork*, by Anais Salibian (USA), which appeared in the previous issue of this journal. The article was translated by RMIJ Editorial Board member, Helmi Boese, who also wrote a commentary on this article (see below) in both English and German. The translation was thoroughly reviewed by an anonymous review process in accordance with journal policy.

As you might imagine, it takes a lot of time to translate an article such as this, which is filled with complex ideas and case examples. Our Editorial Board, however, is committed to making this journal more accessible to non-native English speakers and we hope to have more such translations in future issues. If you are interested in translating any of our previously published articles into any language, please contact Acting Editor Carol Cober, at [ccober4@gmail.com](mailto:ccober4@gmail.com).

### **Commentaries** (Action Editors: Alan Fogel and Carol Cober)

There are three commentaries in this issue of the journal, all reflections on the article, *Trauma Therapy with Rosen Method Bodywork*, by Anais Salibian (USA). These three commentaries – written by Sandra

Wooten (USA), Louisa Turner (UK), and Helmi Boese (Germany) -- are accompanied by a reply from Salibian. This article was the first published in this journal to address the theme of treating trauma with Rosen Method Bodywork. Because trauma is such an important theme in different approaches to human healing and recovery, I'm certain that we will see more about trauma in future issues of this journal. Reading about trauma, especially from the perspective of Rosen Method, can stir up feelings related to our own wounds, and each commentator reveals her own reactions. I am in agreement with Salibian and these three commentators that Rosen Method can be an effective approach to treating the effects of trauma. Knowledge about how our psycho-neuro-physiology responds under conditions of trauma, coupled with the deep embodied experience of a trained Rosen Method practitioner, are the foundations of a powerful therapeutic intervention.

### **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 Carol Cober, [ccober4@gmail.com](mailto:ccober4@gmail.com) by July 1, 2016. Commentaries should be in the form of a WORD document and no more than three pages in length. Please include your name, email 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 May 1, 2016. I encourage you to contact Acting Editor Carol Cober at [ccober4@gmail.com](mailto:ccober4@gmail.com) soon if you have an idea for an article or book review so that 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](http://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].