

# *Rosen Method International Journal*

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## **Editorial & Announcements**

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**Dear Friend of the *Rosen Method International Journal*,**

### **Announcements**

#### 2020 Early Spring Issue Editorial

Four years ago I began working in my role as Editor of the RMIJ after 6 years of working with the wonderful RMIJ Board. During the combined ten years I have seen so much growth in the understanding and teaching of RMB and RMM. The RMIJ Board is delighted to share a new, Special-Issue (Volume 13, Issue 1, 2020) of the Rosen Method International Journal. This Special Issue presents new research by our RMIJ Founder, Alan Fogel, PhD and we think you will be fascinated with the innovative thoughts and information he presents. You can find this issue posted online at our address, hosted by the Rosen Institute, at [www.roseninstitute.net](http://www.roseninstitute.net) We are grateful for the continued hosting and production of this journal as an ongoing resource, which is supported by dues-paying members of the Rosen Institute. Thanks to those who have renewed their memberships and support the work of the Rosen Institute and the RMIJ.

### **News about this Special Issue**

This Special Issue is a compilation of a three-part research project of an article by Alan Fogel. The research investigates Embodied Self-Awareness (ESA) during Rosen Method Bodywork (RMB). For ease of communication and reader comprehension, the research report is presented in 3 parts.

In **Part 1**, evidence for three distinct states or ways of experiencing Embodied Self-Awareness are presented and the article gives some clinical implications for RMB practice.

In **Part 2**, evidence is presented on the practitioners' observations of their own feelings and thoughts as they were working with their clients in each of the three states of Embodied Self-Awareness. Part 2 concludes with some general speculations about how these three states of ESA can be used to enhance our own personal growth, RMB training, and clinical practice in order to improve outcomes for clients, students, practitioners, and teachers.

**Part 3** is a collection of ALL of the data segments from the practitioner session notes that were used for Parts 1 and 2. This can give readers the opportunity to examine these session notes as a way of verifying the author's results and conclusions, and to be used as a resource for any reader who wishes to make a further study of these data beyond the studies contained in this research report.

I was excited to review this research report as it establishes evidence for three distinct states or ways of experiencing Embodied Self-Awareness (Restorative, Modulated, and Dysregulated), each with distinctly different qualities of client behavior, thought and felt experience. Also exciting to read is that this study concludes with a proposal of a neuroscience-based grounded theory – a theory or explanation that arises from the results rather than from an established theoretical framework -- that supports the existence of the three states of Embodied Self-Awareness. We think our readers will also be intrigued to read some of the RMB clinical practice implications in this 3-state model of Embodied Self-Awareness. This is an in-depth article which deeply explores Rosen Method bodywork and will provide resonance and further conviction as to the changes we are all familiar with observing. The Board would like to encourage thoughtful commentary from our Rosen Community on this important work from Dr. Fogel. We will be gathering your comments and hope to include a summary of them in our next issue for Spring. Please send your comments to: [carolcober4@icloud.com](mailto:carolcober4@icloud.com)

## More News-RMIJ Seeking New Articles in 2020:

We encourage practitioners, teachers, and students to consider developing articles about RMB & RMM. Some of our articles are collaborations so perhaps you have a colleague who is interested in writing? Please feel free to contact me or any of our RMIJ Advisory Board members we are always delighted to help offer encouragement and coaching. Sometimes we can also help to identify another person in our wider Rosen Community who might be interested in working together on a specific topic. For example, I am specifically looking for 2 practitioners to help conduct interviews on Creativity and RMM and RMB -to begin this summer. There are also other topics of interest for members of our community and perhaps you are interested in writing an article? Topics might include how touch in RMB or a regular movement practice in RMM are used with clients coping with pain and grief. Perhaps you would consider writing a case study or working with a colleague to do a preliminary or exploratory discussion on these issues? The Board would like to offer support or connect you with others interested in writing. Let me or other Board members know if you are curious and would like to know more about the process of writing an article. You can contact me at [carolcober4@icloud.com](mailto:carolcober4@icloud.com).

## Note on our intention to make these resources available:

The Rosen Method International Journal is intended to be a free online resource for all individuals who have an interest in Rosen Method in particular and in somatic practices in general. Our goal is to continue to offer articles that develop a deeper understanding of the clinical practice and related applied issues, innovative movement approaches and perspectives on collaborating with other professions. If you are not a Rosen Professional and would like to support the work of the RI and/or of this RMIJ, you are invited to join at reduced cost as an Associate Member. Under the Members link on the RI home page, select Member Registration and then choose Rosen Method Associate as the member type. Your contribution to this work will be greatly appreciated.

## Gratitude:

We are deeply grateful for the insights, participation and support of Rosen Method Practitioners and Teachers around the globe, and for the hosting of this RMIJ site by the Rosen Institute.

Sincerely,

Carol Cober, MS, Editor

