

Editorial

Rosen Method International Journal
Volume 13, Issue 2, 2020

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Editorial & Announcements

Dear Friend of the *Rosen Method International Journal*,

Announcements

The *RMIJ* Board is delighted to share a new Issue (Volume 13, Issue 2, 2020) of the *Rosen Method International Journal*. This issue is released as 2020 is ending, during a year of unprecedented challenge across the globe. We are also aware that online resources have been even more important than usual. We hope that you will not only read this latest issue of the Journal but also take the opportunity to look back at past issues. We hope to host online seminars in the future where the authors of new articles will be available to answer questions and hear your comments.

More News: New Acting Editor, Annabelle Apsion begins January 2021

I am happy to announce we will have a new Acting Editor who will begin after this issue is released, so starting in January 2021. Annabelle is a practitioner and Senior Rosen Method Bodywork Teacher who also co-founded the Rosen Method School in The United Kingdom and has worked as an action editor on past articles in the Rosen Journal during her time on our *RMIJ* Advisory Board. Our *RMIJ* Board looks forward to working with her. I am delighted to have her creativity and wisdom in this new role.

This December Issue includes:

- Announcement of two new Board Members:
Welcome! Anette Kögler of Germany and Alexandra (Sasha) Dolnykova of Russia
- Article describing a newly formed Gender Group written by Gail Bourque
- Follow-up commentary on Alan Fogel article, by Anette Kögler
- A new article: **An Initial Inquiry: Thoughts on Rosen Method and Spirituality** by Bosman et. al.

This article, presented in two parts, reports on an exploratory project devised to examine one particular aspect of well-being, the feeling of 'all being well in the world' that some describe as a spiritual quality. Rosen Method bodywork and movement is often noted for providing a sense of deeper well-being and connection. A team of Rosen bodywork and movement practitioners from several countries and were curious to explore this element of well-being which they had all experienced themselves. Working together the team began with exploring what a small group of practitioners and movement teachers had experienced themselves and observed in clients. We hope you enjoy reading about this initial exploration.

RMIJ Seeking New Articles & Commentary in 2021:

The Board likes to encourage thoughtful commentary from our Rosen community on any of the articles we post in the RMIJ. Please send your comments to: Annabelle Apsion via her e-mail: aapsion@rosenmethod.co.uk

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 with you? Please feel free to contact 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. Please let our Board members know if you are curious and would like to know more about the process of writing an article. You can contact our new Acting Editor at the e-mail address above.

Note on our intention to make this Journal 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:

The *RMIJ* Advisory Board members 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.