

Editorial

Alan Fogel, Editor
Rosen Method International Journal
Rosen Method Bodywork Practitioner and Teacher, PhD, LMT
Salt Lake City, Utah, USA
fogel.alan@gmail.com

With this issue, the *Rosen Method International Journal* celebrates its fourth year serving the global Rosen Method Community. As the Rosen Institute is in the process of re-organizing in the wake of Marion's passing, the Rosen Journal will also be changing in important ways. Some of the members of the current editorial board will be resigning and new members will be added to take their place beginning in 2013. I want to thank all the current members of the editorial board for their support in bringing the journal this far.

Future Changes in the Rosen Journal

In this transition process, the Rosen Journal will be expanding its scope and re-imagining what it can do for the Rosen Community. Perhaps this is a good time to review the purposes of the journal. I've heard some people say that the journal is a place to publish research about Rosen Method. This is true but research-related writing is only one of the types of articles we have published. Here is a list of what has been published so far.

Volume 1, Issue 1, 2008

Mary Kay Wright, *Creating Vital Structures to Assure the Future of the Rosen Method* (The first of two articles by Mary Kay Wright about the global restructuring of the Rosen Institute)

Dina Kushnir, *Mindfulness Meditation and Rosen Method Bodywork* (Describes the links between the principles of mindfulness and the basic theory of Rosen Method Bodywork, drawn from the author's personal experience)

Gail Bourque, *Leave Taking and Relationship Endings in Rosen Method Bodywork Sessions* (Draws from the author's experience as well as from teachings and interviews with other practitioners, including Marion, about how they end bodywork sessions with clients)

Volume 2, Issue 1, 2009

Maracie Wilson and Sylvia Nobleman, *Executive Wellness Program: An Integrative Wellness Approach Utilizing Rosen Method Bodywork* (This is a research study on the outcomes of a wellness program for professionals, a program in which Rosen Method Bodywork was one component in addition to diet and exercise)

Teresa da Silva, *Reducing Extreme Pain* (This is also a research study of the effects of Rosen Method Bodywork on the improvement of one client's chronic pain)

Volume 2, Issue 2, 2009

Dorothea Hrossowyc, *Resonance, Regulation and Revision: Rosen Method Meets the Growing Edge of Neurological Research* (This is a review of research on the brain as it relates to the outcomes of Rosen Method Bodywork)

Alan Fogel, *Research on Rosen Method: A Summary of Recently Published Studies, and How You Can Contribute* (This is also a review of research, but in this case, research specifically on Rosen Method Bodywork)

Volume 3, Issue 1, 2010

Mary Kay Wright, *Progress Report on the Global Reorganization of the Rosen Institute: Policy, Leadership, Conflict Resolution, and Continuing Education* (The second of two articles about the global reorganization of the Rosen Institute)

Volume 4, Issue 1. 2011

Kersten Zetmar, *How Love Heals* (A review of research on relationships, touch, and love which informs the practice of Rosen Method Bodywork)

Ralph Maliphant, *Body of Knowledge: In Touch with Healing* (An autobiographical reflection on the author's personal experiences and how they informed his choice to pursue training in Rosen Method Bodywork)

In addition to these listings, there have been commentaries about articles as well as many excellent book reviews of interest to the Rosen Community. So, in addition to research studies on Rosen Method or summaries of research pertaining to Rosen Method, there has been personal reflection, an article about linking Rosen Method to meditation, and an article about variations in clinical practice. But there are many other possible types of articles that could be written. On the Journal's "purpose" link, (<http://www.rosenjournal.org/purpose.php>) these include:

1. In-depth discussions of any aspect of Rosen Method theory and/or practice such as defining Rosen Method, comparisons with other non-Rosen approaches such as somatic psychotherapy, Feldenkrais, dance therapy, etc.
2. Practice topics such as the usefulness of incorporating other modalities, departures from standard practice, offshoots of Rosen Method and why they are different, gender-based issues, working with particular populations such as child abuse, work stress, cancer and other chronic illness, patterns of change over a session or movement class, etc.
3. Reviews of scientific findings - such as in neuroscience, psychology, or medicine -- that shed light on Rosen Method.

4. Reports of original research on Rosen Method.
5. Case reports that provide substantial documentation about what works or does not work in client and practitioner interaction and changes over time
6. Case reports with substantial documentation of the author's own developmental change process through Rosen Method.
7. Discussions of what works or does not work in teaching methods for training bodywork practitioners and teachers, and movement teachers, as well as novel teaching methods.
8. Historical 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.

We are still a young journal, so there is a lot of growth in the possible topics that we can publish. You'll notice that many of these formats for articles have not been explored in the journal. The biggest gap in what is being published is an absence of articles on Rosen Movement.

What gets published depends almost entirely on the practitioners of Rosen Method. If you don't write about your work and your ideas, there is nothing to publish and nothing to share. We need your involvement in the work of initiating ideas and going through the editorial process of writing and being reviewed and revising. In addition, in the coming years, the new editorial board will be reaching out to you to become involved in focus groups and interviews about you and what you are doing.

The Current Issue

If we were to choose a single topic of theoretical and clinical importance in Rosen Method, both the bodywork and movement, it would be the diaphragm. Marion's focus on the diaphragm is unique among the myriad of somatic approaches to health and well-being. Many disciplines bring attention to breathing, often with the purpose of performing specific exercises for breath control that are presumed to lead to regulatory and health benefits. Meditators often focus on the breath as a way of re-focusing their concentration away from their habitual thoughts. Feldenkrais teachers encourage their students to remember to breathe during awareness through movement exercises, knowing that breath holding inhibits ease of movement.

In these approaches, the breath serves as both anchor and metaphor. The free movement of the breath re-grounds mental focus and frees up the body to move. Metaphorically, the air moving in and out of the body represents our connection to the universe and to the plants and animals that share our environment.

In Rosen Method, the significance of the breath and especially the movement of the diaphragm, goes beyond these other approaches. Practitioners become attuned to a wide range of possible ways in which the diaphragm can move or remain still. The diaphragm's movements reflect the client's internal state and thus serve as a key indicator for making clinical decisions – what to say or where to place the hands -- in the process of doing bodywork.

Even more curious, at least from the perspective of other somatic practices, is that we do not ask people to change the way that they breathe (as in Yoga practice), and most of the time we do not ask the client to specifically focus on their breathing (as in meditation practice). In addition, Rosen practitioners are interested in very particular, individualized patterns of breathing in the present moment. Clients may learn to notice their breathing as a result of receiving Rosen bodywork sessions, but change occurs as a result of being aware of how particular types of breathing are connected to particular emotional states, patterns of muscle tension, or thought processes.

In the early phases of Rosen Method bodywork training, most students cannot recognize some of the more subtle manifestations of diaphragmatic behavior. It takes many years of observation and experience to acquire a deeper sense of Marion's amazing insight: that the state of the diaphragm is a sensitive indicator of the internal condition of the person. This is because some movements of the diaphragm are subtle and difficult to detect, but also because we humans have a nearly infinite array of feeling and expressive states that are accompanied by differences in how the diaphragm behaves.

The article by Ivy Green in this issue of the Rosen Journal is the most sophisticated and detailed written description to date of the role and function of the diaphragm in Rosen Method Bodywork. In this article, you will find up-to-date references related to the anatomy and physiology of the diaphragm and how it connects to the nervous system and to different states of arousal and emotion. There are also in-depth descriptions of how the diaphragm informs clinical practice in Rosen Method Bodywork. This work is a major achievement of Ivy's years of practice, study, writing and re-writing and a major contribution to our field.

Ivy Green, as a bodywork practitioner and teacher, has been in the process of writing a book-length manual for the teaching of Rosen Method Bodywork. This article is an excerpt from that work-in-progress. Ivy, whose e-mail address can be found on the title page, would welcome comments and suggestions on this work which will ultimately contribute to improving a teaching manual with wide applications for training at all levels. You may also write a written commentary about this article that can be considered for publication in upcoming issues of this journal.