

Welcome to the First Issue of the Rosen Method International Journal

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The international Rosen community is in the process of making major changes as it grows toward becoming a strong and viable professional organization. The proposed plan for the global reorganization of the Rosen community initiated by Mary Kay Wright and the Rosen Institute is a big step in this direction. The founding of the Rosen Method International Journal is yet another step in making this dream a reality.

Since I became a bodywork practitioner in 2004, I have been thinking about establishing a journal to report the work of people doing Rosen Method Bodywork and Movement. In my career as a behavioral scientist, I have seen how journals are essential to peer communication within a field and also serve as an information resource for people outside that field.

Working with Mary Kay Wright and the Rosen Institute, we developed a plan for the journal and launched it in late 2007. Our goal was to be inclusive of the entire global Rosen community. For that reason, we invited people from different countries to be on our editorial board. We also invited submissions in any language, although English is encouraged to reach the widest possible audience. We also want to be inclusive of both bodywork and movement. In this first issue, to my disappointment, there are no articles on movement. Hopefully, those of you who specialize in movement will consider submitting an article for the journal.

The journal can only work if each of us in the Rosen community considers writing articles for submission. As explained on our website, a journal article is different from a newsletter article. A journal article is longer, with an opportunity to develop an idea, describe a case, link to other disciplines, elaborate on innovations, etc.

As editor, I am willing to discuss your ideas with you to help you formulate and develop a publishable article. Not everyone feels comfortable with writing but it is a skill you can develop. We can help you. We have a very competent editorial board. We read with "soft eyes." We make suggestions for clarity and to provoke your thinking in order to improve your article. I know that many of you have great ideas. Please try to put them into words. One editorial board member, Jeanie Williams, is an experienced writer and publisher who can make anyone's writing brilliant and compelling.

The RMIJ also has an ARCHIVE where we post articles on Rosen Method published elsewhere. If you have written such an article and wish to have it placed in our archive, please contact our archive editor, Marjorie Huebner, whose contact information is on the archives page of the website.

Not all journals are scientific. Many – like the RMIJ – are devoted to clinical practice and applied issues. All good journals are peer-reviewed, meaning that each article submitted to the journal is read by members of that community who know something about the topic of the article. Peer review is a way to help the author to write in a way that best communicates his or her intent. Peer review also ensures a higher standard. Each article submitted must be deemed suitable for the journal and sufficiently innovative to merit publication.

You can also serve the journal and the Rosen community by volunteering to be a peer reviewer. Simply send me an email at editor@rosenjournal.org with the areas within and outside of Rosen Method that you know reasonably well.

In This Issue of the RMIJ

I am pleased to say that for this first issue there are three high quality articles relating to different aspects of Rosen Method. I hope that you will take the time to read each of them in honor of the effort put into the articles by each of the authors, both to write the article in the first place, and to revise the articles in response to the peer reviewed editorial comments we sent to each of the authors.

The first article, by bodywork practitioner and teacher Mary Kay Wright, *Creating Vital Structures to Assure the Future Quality of the Rosen Method*, is an overview of the plans and guidelines envisioned by the Rosen Institute for shifting the Rosen Method community from a founder organization to a democratic, professional organization. The article is divided into the following sections: (1) Formation of a Global Professional Organization: The Rosen Institute will be the certifying body that holds the service mark for Rosen Method and will be responsible for the quality standards of Rosen Method worldwide. The Rosen Foundation will manage current and future charitable activities related to the Rosen Method, and will be able to receive tax-

deductible donations and contributions; (2) Support for Emerging Rosen Method Training Centers, which outlines guidelines for the certification and development of new centers; (3) Grievance and Conflict Resolution gives procedures and recommendations to ease any current and future tensions within the Rosen community; (4) Leadership Training defines the qualities needed in our leaders and seeks to implement ways to develop leadership potential; and, (5) Certification Review and Renewal proposes ways to maintain the quality and standards of Rosen work worldwide.

The second article, by bodywork practitioner Dina Kushnir, is on *Mindfulness Meditation and Rosen Method Bodywork*. Dina describes similarities and differences between Rosen Method Bodywork and Mindfulness Meditation (MM). These include principles of awareness, breath, concentration, the reality of the body, attitude of acceptance, compassion, and loving-kindness. Both Rosen Method and MM cultivate a calm, accepting, non-judgmental, compassionate, and spacious awareness and presence. The author suggests that Rosen Method practitioners can enhance their work and personal growth with a daily practice of MM.

The third article by bodywork practitioner Gail Bourque is titled *Leave Taking and Relationship Endings in Rosen Method Bodywork Sessions*. This article addresses the question of how a practitioner ends a Rosen Method bodywork session. This article answers the question by reporting the author's personal experience as a client and as a practitioner. Views about endings are also reported from Mary Kay Wright, Sandra Wooten, Robin Winn, and Louise Barrie, among others. Insights are brought from psychotherapy practice and research on attachment, neurobiology, and trauma. The author suggests three types of endings for the practitioner: leaving and not returning, leaving and returning for closure and connection, and staying in the room until the client leaves; and, how to assess a client's needs for one or another type of ending.

Finally, there is a short essay I have written, *Emerging Avenues of Research on Rosen Method*, introducing some of the first research studies to be done on the Rosen Method. These studies will be described in more detail in future issues of the journal.

Invitation to Write a Commentary about Any of the Articles in This Issue

Beginning in the second issue of the RMIJ, which will be published in Spring 2009, we will have a section of commentaries on articles from the previous issue. If you would like to comment on any of the articles in the current issue – to agree, disagree, or discuss – please submit a written commentary to editor@rosenjournal.org by January 31, 2009. Commentaries should be in the form of a WORD document and no more than two pages in length. Please include your name and your level of certification within the Rosen community.

Invitation to Write an Article for the Next Issue of RMIJ

Submissions for articles for the next issue of the journal are due no later than January 31, 2009. I encourage you to contact me soon if you have an idea for an article so that I can help you prepare it for submission. If you presented a workshop at the 2008 Global Congress, please consider writing it as an article for the journal.