

Editorial

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 Rosen Method International Journal
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With the publication of this Fall, 2009 issue, the Rosen Method International Journal is officially one year old! Its history goes back at least one year before Fall, 2008, in the form of discussions with members of the Rosen community and the Rosen Institute. We also had to write a formal proposal to the Rosen Institute to obtain permission to establish the RMIJ under their auspices, create and purchase a domain name (www.rosenjournal.org), recruit an editorial board, and design a professional and informative web site. All of this effort has been rewarded with the continuing publication of essays, reviews, commentaries, and research that promote and transform our work. In one short year, the RMIJ has found a place in the Rosen community and also serves as a way to inform others about what we are doing.

I want to take this opportunity to thank the members of the RMIJ Editorial Board for their efforts to support and promote the journal (<http://rosenjournal.org/editorial.php>). In addition to the acknowledged contributions made in this and other issues of the journal, board members have also read submissions and written confidential reviews as feedback to the authors. I am grateful to Paula Kimbro and Julia Zarcone, who also wrote confidential reviews. Thank you, finally, to everyone who has written for the journal. Your efforts have made a major contribution to the field.

In this Issue of the RMIJ

This issue contains two articles and two book reviews. The first article, by Dorothea Hrossowyc, a Rosen Method bodywork practitioner and bodywork teacher in training from Minnesota, USA, is a review of recent research in neuroscience as it reflects on the practice of Rosen Method bodywork (RMB). Hrossowyc's article is distinguished by both a clear grasp of the research she describes and also a highly original re-framing of the principles of RMB from that perspective, what we might call her "three R's"

of RMB, each of which has a foundation in the latest research.

We all know about **resonance**, as she describes it, "the Rosen practitioner's deep, listening presence, attending to, really tuning in to someone." And we know that resonance seems to have an effect on the client including increased relaxation, deeper breathing, and sometimes emotional releases. Hrossowyc categorizes these effects into two additional principles -- **regulation** and **revision** -- and shows how and why client-practitioner resonance may have such a powerful effect on the person.

With **regulation**, there is a "change happening in the breath, in the release of body tension, in increased circulation and aliveness, in relaxation, the body working as it should, physiology regulating itself through resonance," which "allows the ability to modulate emotions, neurophysiology, hormonal status, immune function, sleep rhythms and stability." In **revision**, the "Rosen therapist supports the client to bring unconscious behavior patterns into consciousness where there is choice about them, even if the choice has to be made consistently and persistently against long standing neural patterning and conditioning . . . The more we exercise choice against our neural patterning, the more we 'exercise' that part of our brain that makes us uniquely human: our free will, the freedom to choose against conditioned neural patterning. And the more we exercise our free will against one pattern, the freer we are to choose against all of our conditioned patterning."

The second article is one I wrote in order to highlight new research on RMB published in the *Journal of Alternative and Complementary Medicine*, by Riita Hoffren-Larsson, Barbro Gustafsson, and Torkel Falkenberg of the Karolinska Institute, Huddinge, Sweden. My article is an interpretation and summary of their findings, accompanied by an interview with lead author, Hoffren-Larsson. I also discuss the role of research in clinical practice, the

concept of evidence based practice (EBP), and use the Hoffren-Larsson et al. study to illustrate ways to understand what research may mean for practitioners. RMIJ editorial board member, Annabelle Apsion, served as the acting editor for this article.

There are two book reviews in this issue, a new feature of the RMIJ. The first is a review essay written by bodywork practitioner and RMIJ Editorial Board member Gail Bourque of a book I recently published, *The psychophysiology of self-awareness: Rediscovering the lost art of body sense*. Bourque uses the occasion of reviewing my book to reflect on the importance of concepts such as resonance and coregulation in the understanding how and why people change in their relationships with practitioners, a point that nicely fits with Hrossowyc's article. Bourque also brings to this essay her deep understanding of attachment theory, somatic psychotherapy, and neurophysiology in order to find the links between these disciplines and Rosen Method bodywork and movement. Editorial Board member Jeanie Williams served as acting editor for Bourque's review.

The second is a brief review – written by bodywork practitioner and RMIJ Editorial Board member Carol Cober -- of the book *Business Mastery: Fourth Edition: A Guide for Creating a Fulfilling, Thriving Business and Keeping it Successful!* by Cherie Sohnen-Moe. This book is useful for building and maintaining professional practices in our field.

If you have read a book that you think would be of interest to the Rosen community, please consider writing a review for an upcoming issue of the RMIJ. As you can see from these two reviews, your review can be a brief explanation of the book and its relevance for Rosen practitioners, or it can be a longer essay in which your own perspectives and experiences are developed in relation to the theme of the book.

Archive editor, bodywork practitioner, and movement teacher Marjorie Huebner has recently posted a list of books on the archive page that are about Rosen Method or that mention Rosen Method. Please take a look at this list and see if you know other books that could also be included. There are also several new articles about Rosen that have been posted. If you have not seen the archives page recently, now is a good time to catch up on

the growing list of writings about Rosen. Send your comments and suggestions about the archives and articles you have written to wren@mm.com.

Invitation to Write an Article or a Book Review for the Next Issue of RMIJ

Submissions for articles and book reviews for the next issue of this journal are due no later than February 1, 2010. I encourage you to contact me at editor@rosenjournal.org soon if you have an idea for an article or book review so that I can help you prepare it for submission.

Invitation to Write a Commentary about Any of the Articles in the RMIJ

The RMIJ provides for commentaries on articles from previous issues. If you would like to comment on any article in any of the past issues for the next issue of the RMIJ – to agree, disagree, or discuss – please submit to editor@rosenjournal.org by February 1, 2010. 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.