

**15th International Focusing Conference 2003 in Pforzheim:
Alphabetical List of Presenters + Presentations**

April 15, 2003 / Heijo Feuerstein h.feuerstein@focusing.de

<i>Presenter Email</i>	<i>Title (Presentation /Workshop) Language of description indicates language in which the presentation is given</i>	<i>h</i>	
Afford, Peter peter@focusing.co.uk	Making decisions from the felt sense. A workshop to explore what it means to make decisions based on the bodily feeling of 'right' and 'not right'. There will be a presentation of some ideas and strategies, a good hour of partnership time to work as focuser and as listener with some real decisions, followed by feedback and discussion time.	3h	
Alemaný, Carlos calemany@chs.upco.es	Presentation: The History of Focusing in Spain: 1983-2003 - From the first workshop (1983) until monographic applications and part of the academic Master degree in Individual and Group Therapy (Universidad de Comillas) -The International Conferences...and Spain: Doctoral courses in the University ...until present. -The International Bibliography in Experiential Psychotherapy and Focusing : 1960 - -New era: the members of the International Focusing Institute from 1998 until present: I national coordinator, 4 certified teachers-trainers, 44 trainers-in - training now. -the importance of the Spanish as the 2n international language for the International Network.. A great expectation for the Conference in Costa Rica, to concrete the new net work in Spanish -Other implications... Additionally: Poster Exhibition & Communication in the Entrance Hall	1,5h	
Armstrong, Harvey harvey.armstrong@sympatico.ca	Combining Focusing, Group Therapy, and EMDR in the Treatment and Support of Parents Whose Children and Adolescents Suffer from Conduct Disorder and Refuse Interventions. This workshop informs and demonstrates how these techniques can be combined to help these parents become effective with their difficult youth. The Canadian Longitudinal Study of 22,500 Children and Adolescents has clearly demonstrated that "Ineffective Parenting" has an odds ratio of 37 in association with conduct disorder, the most common adolescent problem worldwide. No other factor studied had an odds ratio of more than 3.0. Ineffective parenting is therefore likely the most important factor associated with conduct disorder. This workshop will provide a forum for discussion and teaching of Parents for Youth's techniques in helping wounded ineffective parents to become effective. Video tapes, overheads, published papers, and parent manuals will be used to teach the techniques. Some will be available for distribution to the participants. Participants will learn the role of parent's previous trauma in their ineffective parenting, and how the three therapeutic techniques can be interwoven and used simultaneously and sequentially to build parents' self esteem, lower their overwhelming stress levels,	3h	

	<p>help them mourn, accept the child that they have, build attachment to the child, and recognize and deal with the traumatic emotions that make effective parenting impossible. Results of the treatment of 1,500 parents will be presented and discussed.</p>		
<p>Armstrong, Mary m.armstrong@sympatico.ca</p>	<p>What gets in the way of being all that you are? Our greatest fear is not that we are inadequate, but that we are powerful beyond measure. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you." Nelson Mandela. Be sure to bring your body to this workshop. You'll need it to explore what comes between you and living in your current reality, fulfilling more of your potential. What are the blocks, self-limiting beliefs and early life experiences which keep you from being all that you are? Participants will be led through a series of questions meant to tap into the organism's original knowing - before life shaped a self-limiting personality to deal with the external world.</p>	3h	
<p>Bärlocher, Daniel (Kuma) kuma@bearpause.org</p>	<p>Why sex hurts and how Focusing can help (Deutsch + English) A playful contribution in English and German. Caution: Country-Allergics Stay Away! Ein verspielter Beitrag in Englisch mit deutschen Untertiteln an den eindeutigen Stellen. Hinweis: Für Menschen mit einer bekannten Allergie gegen US-amerikanische Country-Musik ist der Vortrag hörbar ungeeignet.</p>	1,5h	
<p>Brenes, Margarita margaritabrenes@amnet.co.cr</p>	<p>The power of self empathy A common challenge in Focusing is how to deal with "the critic". The role of self empathy (as presented in the Domain Focusing Model) in dealing with "the critic" is the theme of this presentation. Participants will have the opportunity to explore and experience self-empathy in relation to: 1) issues which are problematic, and 2) felt senses which are difficult to deal with (recurrent and/or negative). The role of culture in the development of empathy will be a general framework of this presentation.</p>	1,5h	
<p>Bundschuh – Müller, Karin bundschuh.mueller@t-online.de Steier, Clemens clemenssteier@web.de</p>	<p>Supervisions-Workshop Nach Beendigung der Focusing-Begleiter-Ausbildung fehlt es oft an Möglichkeiten, die eigene Focusing-/Begleiter-Kompetenz kontinuierlich zu überprüfen und weiter zu entwickeln. In diesem Workshop haben die TeilnehmerInnen die Gelegenheit, ihr eigenes BegleiterInnen-Verhalten zu reflektieren, zu vergleichen und supervidieren zu lassen. Angeboten wird</p> <ul style="list-style-type: none"> - Supervision von mitgebrachten Tonbandausschnitten (das Vorbereiten eines 10 Minuten Transkript und das Mitbringen des 	3h	

	<p>eigenen Kassettenrecorders ist hilfreich)</p> <ul style="list-style-type: none"> - Live-Supervision von Focusing-Prozessen in der Gruppe (zB. für Focusing-Partnerschaften) - Unterstützung bei Unstimmigkeiten, Schwierigkeiten, stockenden Prozessen im Rahmen der auf der Konferenz entstehenden Focusing Dyaden. <p>Im Vordergrund des Workshops steht der wertschätzende kollegiale Austausch und die Neugier auf andere Sichtweisen und Möglichkeiten.</p> <p>Workshopsprache ist Deutsch Über uns: KBM: Dipl.Psych., Psychologische Psychotherapeutin, Supervisorin DGsv, Koordinatorin am IFI New York. CSt: Jurist, Richter, Focusing- Begleiter</p>			
Coffeng, Ton	<p>New aspects of dissociation</p> <p>Last time (Pforzheim, 2000), I presented 3 Videos to illustrate the phasic process of dissociation (Coffeng,2002 a+b). I shall elaborate on this. The approach needs sophistication. Incidents during therapy made me to change my attitude. To my surprise, the change worked. These incidents had to do with aspects of trauma and dissociation, I was not aware of. One topic is the relapse of dissociation of clients who are integrated. The other is the layering of traumatic experience, The last item is 'the unspeakable'. I found interesting articles about it. I shall discuss these aspects, and illustrate them with a video, when possible.</p> <p>Audience: about 30 participants</p>	1,5 h		
Coffeng, Ton	<p>Focusing and acute trauma</p> <p>Recently, I was confronted with 2 clients in severe distress. One client was a refugee who had severe PTSD from a war. But his residence-permit was unsure. I worked with an Interpreter, which I had never done before. The other client was in a shock because of a recent loss. I saw her twice, as her therapist was on leave. Both clients were determined to do something. Having no time to arrange therapy or to teach focusing, I had to improvise.</p> <p>I used Mary McGuire's (1982) 'Clearing a space', and invented other techniques on the spot. Then I asked them focusing questions, as if they knew focusing. To my surprise, it worked. In short time they changed, and appeared to be recovered at the next session.</p> <p>I'll describe what we did in this presentation. Techniques can be demonstrated and discussed with participants.</p> <p>Audience: about 25 participants</p>	3h	-	
de Fréminville, Marine mdefreminville@hotmail.com	<p>The transformational power of the background feeling in focusing / La richesse implicite de la "toile de fond" en Focusing (Français + English)</p> <p>An experiential presentation that wants to offer and share with participants some observations, thoughts and experiential discovery about the richness of identifying and paying attention to what Gendlin calls the "background"</p>	3h	-	

	<p>feeling." I shall be happy to share experiences accumulated through a few years and to hear from others their own experience of being or not being able to clear it or to be with it.</p> <p>Conférence expérientielle sur ce que Gendlin appelle "la toile de fond". À cette occasion, il sera possible de partager: observations, réflexions et découvertes expérientielles à propos de la richesse de cet aspect du focusing.</p> <p>Marine de Fréminville is a psychologist in private practice in Montreal and a Focusing Coordinator at The Bilingual Focusing Center of Montreal/ Le centre bilingue de Focusing de Montreal, where she gives training through workshops and private sessions. She encourages two changes groups in Montreal and brings workshops to France and recently to Belgium.</p>			
<p>Eggebrecht, Rainer translation by Barbara Ritvo)</p> <p>IGF-INSTITUT@t-online.de</p>	<p>Focusing und Spiritualität / Focusing and Spirituality</p> <p><i>Deutsch: Focusing und Spiritualität</i> Spiritualität bezieht sich auf einzigartige, persönlich bedeutsame Erfahrungen, welche die üblichen Grenzen des Ich transzendiert und auf das Eingebettetsein in größere Zusammenhänge hinweist . Diese Transzendenz kann in der Familie, in religiöser und/oder therapeutischer Selbstfindung oder im Dienst für andere als spirituell erlebt werden.</p> <p>Aus der wahrnehmungspräzisierenden Focusing-Perspektive können persönliche Entwicklungsprozesse in tiefer und wirksamer Weise begleitet und verstanden werden.</p> <p>In diesem Vortrag werden grundlegende Erkenntnisse spiritueller Lehren dargestellt sowie Chancen und Gefahren auf dem spirituellen Weg erörtert. Focusing als schöpferisches Integrationsmodell eröffnet hierfür neue Felder therapeutischen, spirituellen und interkulturellen Denkens, Handelns und Heilens. Denn Focusing kann kreative Impulse vermitteln, mit dem Ziel, größere Freude, Lebendigkeit und Harmonie im eigenen Dasein zu verwirklichen.</p> <p>Dieser Vortrag wird zweisprachig gehalten: Rainer Eggebrecht spricht Deutsch, Barbara Ritvo übersetzt konsekutiv (= Satz für Satz) ins Englische.</p> <p><i>English: Focusing and Spirituality</i> Spirituality refers to extraordinary, personally important experiences made by an individual, which go beyond the usual boundaries of self-perception and seem to be embedded in, and related to, a larger space of our being.</p> <p>This transcendental process may be experienced as spiritual in many different situations of daily life – within our family, during a religious ceremony, in therapy or in working for a humanitarian cause.</p> <p>Looking at this from the perceptive awareness of Focusing, these steps of personal growth can be deeply and effectively supported and understood.</p>	<p>1,5h</p>	<p>-</p>	

	<p>This lecture will be giving a general view of different spiritual directions, their basic insights and teachings as well as the possible chances and risks of the spiritual path.</p> <p>Using Focusing as a creative and integrative model, it opens up new fields in therapeutic, spiritual and intercultural ways of thinking, acting and healing.</p> <p>Focusing can give and transfer the creative impulses that lead to the realization of more joy, livelihood and harmony in our own lives.</p> <p>This lecture will be held bi-lingual in German and English.</p> <p>Rainer Eggebrecht will speak in German, Barbara Ritvo translates consecutively.</p>			
<p>Falls, Nancy Winhall, Janet jan.winhall@utoronto.ca</p>	<p>Focusing Oriented Therapy and Trauma Treatment</p> <p>One of the major impacts of trauma noted in the research and clinical practice is the disruption in self-regulation. These disruptions can be manifested physically (somatic complaints), emotionally, (inability to regulate affective states) or behaviourally (eating difficulties, pacing, self destructive behaviours).</p> <p>Incorporating the body into repairing these disruptions in self-regulation has been found to produce lasting and sustained change. In this workshop participants will be introduced to a Felt Sense Experience Model in Focusing Oriented Psychotherapy that can be used for understanding and working on these disruptions in self-regulation. We will demonstrate how to incorporate several components of Focusing such as Getting the right amount of closeness and distance, Welcoming the uncomfortable, Clearing space, and The I it relationship, within the context of trauma treatment. Case studies and experiential practice will provide participants with strategies in assisting clients to become more emotionally competent.</p>	3h		
<p>Foxcroft, Rob rob@werewolf.ws</p> <p>Mc Gavin, Barbara barbara@focusing.uk.com</p>	<p>Focusing and Philosophy: an experiential exploration of concepts from Gene Gendlin's book <i>Experiencing and the Creation of Meaning</i></p> <p>What is happening inside? Is it really true, that our immediate experiencing can be illuminated by philosophy? Barbara and Rob will be inviting participants to taste some of the experiential processes which we investigated during the 2002 weeklong on <i>Focusing and the Power of Philosophy</i>. This workshop is about being freshly aware of what you are doing inside yourself, when you are Focusing. There are many highly original concepts in Gene Gendlin's foundational work, "Experiencing and the Creation of Meaning". This will be a playful exploration of just a few of them. We shall go behind concepts and words (and behind even our normal Focusing practice!) to open up new dimensions of experiencing.</p> <p>Gene Gendlin called one crucial but elusive concept "The Instance of Itself Principle". During this presentation, we will actually feel in our bodies the power of this concept, which can undercut our habitual patterns, and open up new ways of thinking and feeling</p>	1,5h		

	– new ways of Focusing.			
Gasser, Gui gqasser@attbi.com	Focusing and Hypnotherapy Focusing and Hypnotherapy are related fields which share more attributes than differentiates them. Unfortunately, most focusing practitioners are not trained in hypnotherapy, and therefore unaware of some of the consequences of their actions in focusing sessions. Recognizing the existence of embedded suggestions, understanding the nature of trance states, and the manner in which the subconscious interacts with the conscious are essential foundations for the ethical focusing practitioner.	1,5h		
Geiser Juchli, Christiane cq@tbwil.ch	Talking about differences As a client-centred and experiential therapist and teacher I am passionately interested in questions of growth and change. I am particularly fascinated by the differences between people and how we could describe them in order to learn more about the different worlds people live in. "There are as many "real worlds" as there are people", Rogers said, and people's basic assumptions, preferences, and habits in thinking, feeling and behaviour colour even the way they do focusing! In order to understand more about the precise way meaning may go from the implicit unknown to symbolization even in "difficult" focusing processes, I will give you some ideas about focusing modalities, character-structures and bonding-styles.	1.5h		
Gendlin, Mary mhgendlin@focusing.org	The Focusing Institute: Development....			
Gendlin, Mary	Keynote Address: The politics of Focusing			
Heintz, Franz Franz17H@aol.com	Einführung in die Theorie und Praxis der Energetischen Psychologie Es wird eine neue Behandlungsmethode vorgestellt, welche sich gut mit Focusing verbinden lässt und eine gegenseitige Bereicherung ermöglicht. Diese Methode aus dem Bereiche der Energetischen Psychologie (Energy Psycholgy) benutzt die östliche Weisheit der Meridianlehre, der Akupressur und der eigenen Körperenergie um auf bewährte Weise belastende Emotionen und unangenehme Gefühle schnell und anhaltend zu beseitigen bzw. aufzulösen. Die Theorie und die Praxis der Energetischen Psychologie beruht auf der Lehre der chin. Medizin. Es geht dabei u.a. um scheinbar unbegründete Ängste, Depressionen, Phobien o.ä. Es werden bestehende Blockaden aufgelöst bzw. gelöscht. Bei diesem Verfahren handelt es sich um eine energetische Behandlungsmethode, welche höchst effiziente und effektive Techniken entwickelt hat, welche Sie bei sich selbst anwenden und für sich selbst nutzen können. Außerdem können Sie diese Techniken auch in Ihren Focusingprozess mit einbauen. Neben der Behandlung von Ängsten und Depressionen eignet sich dieses Verfahren auch dafür, sich von Schuldgefühlen, Traumata und sonstigen belastenden Erinnerungen und Emotionen zu bereifen. In einer Studie war eine Methode aus dem Bereich der Energetischen Psychologie vergleichbar mit EMDR. In diesem Einführungsseminar werden Sie praxisnahe Anwendungsmöglichkeiten von bewährten Behandlungstechniken gezeigt bekommen und erlernen	1,5h		

	können. Zusätzlich gibt es einen Einblick in die theoretischen Hintergründe. Diese Verfahren bereichern jede weitere therapeutische Methode und lassen sich in jede therapeutische Arbeit einbeziehen.			
Hinterkopf, Elfie focus@texas.net	Focusing and Spirituality Learn to define and work with spirituality in a way that applies to all Focusing clients. This workshop will show how to use the Experiential Focusing Method to help clients work through blocks to experiencing their spirituality, deepen existing spiritual experiences, and find new life-giving connections to the spiritual dimension. This includes helping people evaluate distressing aspects of their religious backgrounds and deepen enhancing aspects. The method is particularly valuable for addressing multicultural spiritual needs. Exercises, demonstration, lecture, and other learning tools will be used. Biographical Sketch: Dr. Elfie Hinterkopf is an internationally known workshop leader and psychotherapist in private practice in Austin, Texas. She has an M.A. in anthropology and a Ph.D. in counseling psychology. After publishing over 20 articles and chapters on Focusing, she wrote a book, <i>Integrating Spirituality in Counseling: A Manual for Using the Experiential Focusing Method</i> , which was published by the American Counseling Association.	1.5h		
Ito, Yoshimi yoshimi@info.human.nagoya-u.ac.jp	How I use clearing a space of Focusing I will introduce BCS method, Clearing a Space by posting labels(post its) and kokoro no tubo method.	1.5h		
Jacobs, Fenneke fennekejacobs@planet.nl	Focusing and the power techniques of the Fan-Clubs. I <i>First Aid Focusing and The Power Treatment.</i> There is a kind of support-groups going on in Holland, called Fan-Club groups. (Fan-club: the members are called -with a sense of fun- each others 'fans'.) The fundament of this kind of counseling is unconditional support and love, and some real powerful exercises have been found out. As focusing, stemming from client centered therapy, has the same fundament (less outspokenly it's called 'unconditional positive regard'), parts of the fan-club exercises can be used for focusing as well. The more so as the steps of these exercises are essentially the same as the ones for focusing (although they are more outspoken and directive). I'd like to present what I call First Aid Focusing, and The Power Treatment. First Aid Focusing is for the daily mishaps, and The Power Treatment is for real nasty or long time bad feelings. The first-aid exercise for instance works like this. A member of the group formulates a difficulty, and he gets help to give unconditional support and love to 1.the	3h		

	<p>problem feeling itself, 2.to the feelings about this problem feeling, 3.to himself, 4.to his essential Self, and then 5. to the problem situation and the Selves of the people involved. While this is going on, the group members support the process by sending positive energy. As the movements of this process are easy to remember, eventually this exercise gets a habit, and can be used when needed. The knack of sending positive energy is not difficult to pick up. The sending is somehow real; the group member to whom this energy is sent, is meant to feel it flowing in. Hand-outs with fan-club exercises and ideas how to integrate them with focusing will be given.</p>			
Jacobs, Fenneke	<p>Focusing and the power techniques of the Fan-Clubs. II: <i>Some exercises for living well and happy.</i></p> <p>This workshop can be attended apart from workshop I. There is a kind of support-groups going on in Holland, called Fan-Club groups.</p> <p>(Fan-club: the members are called -with a sense of fun- each others fans.) The fundament of this kind of counseling is unconditional support and love, and some real powerful exercises are used. As focusing, stemming from client centered therapy, has the same fundament (though less outspoken: it's called 'unconditional positive regard'), some parts of the fan-club exercises can easily be used for focusing as well. The more so as the steps of these exercises are essentially the same as the ones for focusing; though again, they are more outspoken and directive.</p> <p>I'd like to present some exercises for living well, for 'Das Gute Leben'.</p> <p>The wish-exercise for instance works like this. In the focusing way it starts with focusing on a situation in which you are functioning well, and being some time with the feeling of how you are at that moment. Maybe some wish then arises, something you'd really like to happen.</p> <p>The member of the group who formulates such a wish (be careful, you might get what you want!), gets support from the other group members to reach the deeper layers of his being, by the sending of positive energy from their hands and saying something supportive.</p> <p>The knack of sending positive energy is not difficult to pick up. The sending is somehow real; the group member to whom this energy is sent, can feel it flowing in. It is a very nice feeling, something to really bask in. Hand-outs with fan-club exercises and ideas how to integrate them with focusing will be given.</p>	1,5		
<p>Kira, Yasuyuki kira@rc.kyushu-u.ac.jp (Translation: Akiko Doi)</p>	<p>Focusing for therapists</p> <p>To be the psychotherapy more effective, Focusing is useful not only for the client but also for the therapist. I have been trying to develop a method to facilitate the therapists to focus on their felt sense which is related to</p>	1,5h		

	<p>t heir experiences in psychotherapy sessions. I refer this method to as "Therapist-Focusing". In the presentation, I'll show a video recorded session of the "Therapist-Focusing". Although Japanese is used in this session, the English subtitles are added.</p>			
<p>Lambo, Bernadette and Gérard lambo@netcourrier.com (Translation: Marine de Fréminville)</p>	<p>Spatial Configuration and Focusing This approach to Spatial Configuration and Focusing consists in making use of the peculiar way we organize space on the basis of inner references, with a view to examining certain relations, whether problematic or not. Actually, everybody perceives space and the relations created within it according to personal criteria which are different from consensual "objectivity". By acting on the representation and the felt sense connected to it, it is possible to readjust the relations between oneself and the others. This "exercise" rests on the focusing practice: it is based on the inner echo (felt sense) of the way how an individual experiences a certain situation and how he represents it spatially (in this specific case). We suggest the person to let her feelings guide her so to approach an inner shift that may be suitable for her, until she finds an inner, meaningful agreement in the reorganization of her relations (a new spatial configuration) that will be translated in practical terms in her relations and behaviours.</p>	<p>3h</p>		

<p>Lee, Robert robertlee@amnet.co.cr</p>	<p>Macroshifting: Changing the unchangeable through Focusing</p> <ul style="list-style-type: none"> ○ Deep change through elaborate focusing projects. ○ Changing something that has been around for a long time and has defied your attempts to change it. ○ With issues such as: difficult-to-change relationship or career patterns, stubborn depression and anxiety disorders, obsessions/addictions that persist, integrity issues, professional development, physical conditions, spiritual blocks, social change projects, difficult-to-achieve creativity goals. <p>Macroshifting is a theory/practice based in focusing and the philosophy of entry into the Implicit. It is about how to change the unchangeable. This theory differentiates between macros-which change with difficulty-and micros-which change more easily. This theory discriminates between time as a binder of macros, standing outside of situations as an absolute, and time as a dancer-in-situations with a mutually implying malleable relation to the person.</p> <p>In the presentation you will touch and experience some of the strategies emerging from this theory, such as:</p> <ol style="list-style-type: none"> 1. Careful naming/conceptualizing of your difficult-to-change physical problem or situation with physical problem. 2. Making your change campaign equal to the task. Macros go further into your internal structure and further out into the social structure than is visible. They require more of a campaign than you think. 3. Getting help from your life for approaching your macro (a la Gendlin in dream work). Macros are difficult to approach freshly. 4. Researching what is known about your situation for stimulating new ways of working and for finding places of entry for integrating your first person knowing of the problem. 5. Ropes. Think of a macro as a trampoline held in place by many ropes. There is an art to finding and loosening these ropes of your macro. 6. Time. Timestretching, Timesensing, Timeshifting, and In-Time are special focusing methods for making time your friend rather than your enemy. 7. Disciplined sophisticated journaling for Carrying Forward the Carrying Forwards 8. Anti-Stranding-works in a different direction than classic focusing. Instead of moving toward clarification and small sequential forward steps, it moves toward the vague and indirect cross-time changes in the whole whole. 9. Parallel Macro. Working on a parallel but more manageable macro can be a route to a macroshift. <p>Presenter: Robert L. Lee Ph.D. is a Certifying Coordinator for the Focusing Institute. He is a psychologist, formerly in Boston, now in Costa Rica.</p>	<p>1,5</p>	
<p>Lee, Robert</p>	<p>Good listening with domain focusing</p> <p>Domain Focusing is a new model for teaching focusing. It takes Gendlin's classic idea that a felt sense is "of" a situation or issue and creates the domains of Felt Sensing and Situation/Issue. Out of Gendlin's classic notions of "focusing attitude" and "critic" comes a third</p>	<p>1,5</p>	<p>-</p>

	<p>domain called self-empathy. The model goes on to articulate 4 phases in focusing--Starting, Domain Linking, Entering, and Shifting. For example, if you have an issue and you do Domain Linking to "felt sensing", you would "hold the issue" and "let" the felt sense form. This follows Gendlin's philosophical description of focusing in A Process Model--(see chapter 8, "Holding and Letting"). The model is particularly valuable in applying focusing to something--in this presentation to "good listening".</p> <p>Good Listening is recognized as a virtue throughout the world in many areas. Focusing Partnership should be an ever-deepening journey into good listening. If we could articulate better how our training programs deliver "good listening", it would be a tremendous bridge for focusing into the world.</p> <p>Through didactic and exercises I will introduce you to Developing your Good Listening:</p> <ul style="list-style-type: none"> ○ To the issue/situation; getting into the other's cognition, background-foreground factors, checking for meaning ○ To the experiencing; getting a felt sense of the other's felt sense; correcting through their description; letting the felt sensing give you a better whole picture ○ To self-empathy; with appreciation for the dilemma of insufficient self-empathy (self criticism); how to facilitate self-empathy actively or receptively ○ Differentiated to the phases of experiencing: E.G. Listening to the shifting phase (insight) is actively protective of the shifting process. ○ According to different contexts of your life: social/organizational, professional listening, personal, philosophical/spiritual and focusing partnership <p>5 reasons for Good Listening: Reason 1. Good listening is good for humanity Reason 2. Good listening is self-soothing Reason 3. Good listening is healing Reason 4. Good listeners never stop getting better Reason 5. Good listening feels good</p>		
Leijssen, Mia Nagels, Auke Dekeyser, Matthias Mia.Leijssen@psy.kuleuven.ac.be	Research project: Focus on the body in psychotherapy Our research is about psychotherapy (not body therapy): how different psychotherapists pay attention to the body (their own body and the client's body) during verbal interaction; how this inspires an intervention; what is the effect on the client when the therapist brings the body in.	1,5	
Leijssen, Mia Mia.Leijssen@psy.kuleuven.ac.be N.N.	Circle for Psychotherapists: Experiential oriented Psychotherapy Forum for participants who are working with the Experiential Approach and FoT; Issues und concerns, experience, difficult cases, interventions	5	
Lou, Nada nadalou@nadalou.com	Thinking at the edge This presentation will have several components. Introductory part will be explanation of what is "Thinking at the Edge" and a brief description of 14	3	

	<p>steps of TAE. Few video clips will help to demonstrate how TAE Partnership works, followed by a live demonstration. Participants will be able to work in partnership to get the experience of the first few steps. Time for questions and comments will be provided.</p>		
<p>McGavin, Barbara barbara@focusing.uk.com Weiser Cornell, Ann awcornel@pacbell.net</p>	<p>Presence and partiality In a state of Presence, we can be in relationship with all that comes into our awareness, without favouring any one part over another. All can be heard. This capacity for keeping all our experiences company is a key to Focusing with the most difficult areas of life. Not being in Presence means being merged with an aspect of one's self. We call this state "Partiality." Slipping out of Presence into Partiality is common when people feel overwhelmed, self-doubting, impatient, and self-critical. What is commonly called "resistance" is a form of Partiality. In this presentation, we look at how we can recognize experiences of Partiality and move back into Presence again, using simple, empowering language to support awareness. We also look at some of the properties of Presence: when it appears like a part, what kinds of emotions can come when we are in a state of Presence, and when and how it can act. Participants will have an opportunity to experience Presence and practice cultivating it. Bios: Barbara McGavin and Ann Weiser Cornell are the co-creators of the Treasure Maps to the Soul work, applying Focusing to difficult areas of inner conflict, and they are the co-authors of the new Focusing Student's and Companion's Manual. They are both full-time Focusing teachers and Certifying Coordinators for the Focusing Institute. Barbara is the Chair of the British Focusing Teacher's Association. Ann is the author of The Power of Focusing.</p>	3	
<p>Nedovic, Beate b.nedovic@focusing.de Michael Kornwinkel Kornwinkel@t-online.de</p>	<p>Focusing und Bewegung: Erfahrungsraum für authentische Bewegung. deutsch/ englisch Wir wollen einen Raum anbieten, indem sich der Felt Sense durch Bewegung beschreiben kann. Das Beschreiben des Gespürten drückt sich über die Bewegung und nicht über die Sprache aus. Der Dialog findet zwischen innerer und äußerer Bewegung statt. „Es ist ein Teil von mir, der sich bewegen will, vielleicht auch in einem Tanz.“ Der Workshop bietet die Möglichkeit für Einzelarbeit, Gruppenerfahrung, Demonstration der Workshopleiter und Erfahrungsaustausch. Den Workshop leiten: Beate Nedovic: Focusing- Trainerin, Improvisationstanz Michael Kornwinkel: Dipl.-Psych.; niedergelassener Experimentieller Psychotherapeut. Focusing and Movement: Space to experience authentic Movement</p>	3	

	<p>German/ English</p> <p>We want to offer a space where the felt sense can express itself through movement. A possibility to describe what you feel through movement and not through language. The dialog will be between the inner and outer (expressed) movement.</p> <p>“There is a part of me, which wants to move itself, maybe also by dancing.”</p> <p>This workshop will offer the possibility of individual work, group experience, a presentation from the workshop leaders and the exchange of experiences.</p> <p>Presenters:</p> <p>Beate Nedovic focusing trainer, improvisational dance Michael Kornwinkel: psychologist, experiential therapist in private practice</p>			
<p>Omidian, Patricia, Lawrence, Nina; , Mirbacha, Palwasha madam_pat@hotmail.com</p>	<p>Sufism, Islam, and Focusing</p> <p>This presentation will be about our work on teaching focusing in Afghanistan and to Afghan refugees in Pakistan. While highlighting the context of work in Afghanistan, we will discuss how we use Islam, Sufism (the mystical side of Islam) to introduce Focusing in our work on psychosocial wellness in this war torn country</p>	1,5		
<p>Omidian, P., Lawrence, N., Mirbacha, P.</p>	<p>Keynote address: Focusing in Afghanistan</p>			
<p>Preston, Lynn lynpres@aol.com</p>	<p>Relational Focusing oriented Psychotherapy</p> <p>Psychotherapy is an intimate partnership in which both participants learn to work together for the healing and growth of the client. This approach emphasizes the importance of the unique "personness" of the therapist and the unique developmental journey of each therapeutic relationship. In this workshop we will explore the skills involved in the therapist's ability to use his or her own felt sense to develop the effectiveness and empowerment of the therapeutic partnership along with facilitating the client's inward movement.</p>	3		
<p>Raue - Konietzny, Beatrice BeatriceRau@aol.com http://www.supporttraining.de</p>	<p>Support-Training. The Tools for strengthen your Inner Power daily</p> <p>Support-Training is a brand new Self-support-Training, with which you can observe and guide your inner awareness through the chaos of emotions, thoughts, physical sensations and energetic ups and downs. Four tools will help (switching, being present, collecting and unfolding) will strengthen your power in every situation inside and outside of you. After bringing your attention to one of this tool, may be with painting the symbol, you will notice the felt sense about it. I will give you these symbolic paintings as a self-support tool. I see it also like driving your vehicle with step and throttle down the gas and handling the break, until you can drive with your automatic consciously.</p> <p>The workshop includes an overview of the Support-Training, a short theory about it and an exercise and painting about the four tools.</p>			
<p>Ringwelski, Beate,</p>	<p>Circle on “Focusing and Medicine/Psychosomatics.</p> <p>If you are working in this domain, you can contact Beate by e-mail to check out in advance the program for the circle, Dr. Beate Ringwelski is a physician who just</p>	<p>Circle 5h</p>		

	<p>published a book on psychosomatics and Focusing in German. She presents her key concepts in a presentation in the circle on</p> <p>The physiological basics of felt sense and felt shift</p> <p>Are there special morphological structures or physiological functions for what we call felt sense? What happens in someone's body during focusing? Are there alterations of specific functions of organs, what we can feel as felt shift? How is it regulated? How is the function of brain in this process? How does the connection between brain and body work during focusing? What happens in someone's brain in case of felt shift?</p> <p>I will present a model of the transfer of memorized experiences between the brain and the body. It is based on the idea, that all learned facts and experiences are recorded on different maps in the cortex. These maps become aware in their complex shape as felt sense during focusing. The connections between brain and body are known morphological structures (vegetative nerves, bloodstream) and systems (hormones, immunological system). The transfer is regulated by hippocampus and hypothalamus. The model is helpful for understanding of the psychic and physiological processes during focusing. The presentation gives a clear view of the neurophysiologic background for all, who are interested in the theory, how psychotherapeutically processes are working.</p>			
Rudnick, Susan haikususan@aol.com	<p>The Haiku Moment: writing from the Felt Sense</p> <p>Haiku is the form of poetry that connects us to our experience of nature. As we open with all our senses to what is right here now, we find the moment that needs to be expressed. The haiku form, a 17 syllable poem about the season, arranged in three lines of 5/7/5 syllables and balanced on a pause is the length of a breath.</p> <p>In this workshop we will learn the form, work with the felt sense to clear a space o open to what is around us, take a haiku walk, and return to share our wonderful poems.</p>	3		
Seibel, Michael, & Zarogiannis, Pavlos michseibel@yahoo.de	<p>Focusing and Art: a double Process</p> <p>a. How focusing can function in the creative process of a piece of art, by "using" felt sense as the compass in this creative process</p> <p>b. How focusing can help you in assimilating a piece of art, by "using" felt sense as a mediator between that piece of art and the inner self.</p>	1,5		
Simon, Bebe	<p>Teaching Focusing</p> <p>3 hour demonstration of how I have used many resources starting with Gene Gendlin.</p> <p>Will include experiential exercises, stories, participant comments and questions</p>	3		
Stapert, Marta & Ynse ymstapert@hetnet.nl	<p>Circle: Focusing with children.</p> <p>This circle is a place for participants who want to share their experience with Focusing and children and adolescents. If you are interested, please contact Marta by e-mail to get informed.</p> <p>The plan is:</p> <p>Presenters from different countries, coordinated by</p>	5 +		

	<p>Marta and Ynse Stapert Language is English. It is possible to visit one or more units of the day. One day long training in Focusing with children, and training in teaching-programs for parents, teachers and teams in child-agencies. We will work on the basis of chosen video-material, from Belgium, Canada, Germany, Hungary, Iceland, Japan, The Netherlands, Romania, Suriname, USA, mostly presented by child-focusing-trainers from the concerned countries. The training of this day will include all ages, in Family-situations, Day-care-centre/Nursery, Kindergarten, Primary school, School for children with social-emotional and learning problems, Secondary school, Play-therapy. Marta Stapert, coordinator for Children's Focusing Corner (workgroup of The Focusing Institute, New York) will coordinate this day and, together with Ynse Stapert, put it into a personal and instructive experience. We will work in the model of experiencing, modelling, conceptualising. Over the last decade Focusing with children in all different ages has evolved into a well developed focusing method with many applications, so children can trust their bodily sensed feeling knowing what is right. Children with focusing can build a good relationship with themselves and with others. Children with focusing rely more on their own wisdom from inside, than needing the 'wisdom' of adults from the outside. For adults it is a relief to trust the child in its implicit bodily wisdom how to grow up in an understanding relationship.</p>		
<p>Todres, Les ltodres@bournemouth.ac.uk</p>	<p>The wound that connects: a consideration of "narcissism" and the creation of soulful space This presentation will share some thoughts about an inquiry that I continue to find enriching and developmental---that of the phenomenon that has been called the 'narcissistic wound'. I use a number of thinkers on the subject as 'touchstones' to help me unfold a view in which 'narcissism' is seen as a universal capacity that is potentially the source and depth of human compassion. In the spirit of the 'treasure maps to the soul' workshops developed by Barbara McGavin and Ann Weiser Cornell, this view sees our bodily presence in the world as caring deeply for all the ways that abandonment happens. What has been called the 'narcissistic wound' sings the song of separation and longing.....and the body (whatever that is altogether) re-members both connection and separation: a soulful space where we can deeply meet.</p>	1,5	
<p>Tsuchie, Shoji Hikasa, Mako mako.hikasa@nifty.ne.jp</p>	<p>Our internal weather – a way of symbolizing our experiencing When you feel fine, your internal weather is clear and sunny. When you are deeply in distress, the sky is covered with thick clouds and the sun is not in your sight. When you get angry, you may see a flash of lightening. The weather is a</p>	1,5	

15th International Focusing Conference 2003 in Pforzheim: List of Presenters 16/16

	<p>very appropriate metaphor for our experiencing. Just watching your internal weather a little while, you may feel better. The internal weather metaphor could be incorporated in Focusing instructions. We introduced the method of drawing their internal weather to school children and had interesting results. We would like to share this method through experiential exercises.</p>			
<p>Wild-Missong, Agnes a.wild-missong@bluewin.ch</p>	<p>Shamanistic journey in comparison to Focusing A Shamanistic Journey shows a lot of similarities to Focusing, but there are also differences. After a theoretical comparison of the two methods we will experience a shamanistic journey to the "upper world". Afterwards we will try to understand vague results by means of Focusing. Focusers who are not in actual crisis are invited</p>	<p>3h</p>		