

Programme

Facets of Focusing

Presentations & Workshops



a European Focusing Association event

1st European Focusing Conference
10-14 May 2018 @ Loutraki, Greece

EFA 2018	Thursday 10 May 2018	Friday 11 May 2018	Saturday 12 May 2018	Sunday 13 May 2018	Monday 14 May 2018
08:00 – 09:00	 Facets of Focusing	Breakfast (07:30-10:30)	Excursion (Departure at 07:00) Breakfast	Breakfast	Breakfast
09:00 – 09:30		Plenary Session	Excursion Plenary Session	Plenary Session	Plenary Session
09:30 – 11:00		Lectures Workshops 90 minutes	Excursion Self-organizing events Extra/Repetitions Lectures/Workshops Interest Groups	Lectures Workshops 90 minutes	General Assembly ? Interest Groups
11:00 – 11:30		Coffe break	Coffe break Excursion	Coffe break	Coffe break
11:30 – 12:30		Lectures Workshops Panel Presentation 60 minutes	Excursion Self-organizing events Extra/Repetitions Lectures/Workshops Interest Groups	Lectures Workshops 60 minutes	<continuing> Feedback from Groups, Results Discussion Panel
12:30 – 13:30		Interest Groups	Excursion Interest Groups	Interest Groups	Closing Group <Closing>
13:30 – 14:30	Lunch (not included)	Lunch	Lunch Excursion (Return)	Lunch	Lunch <Closing>
14:30 – 15:00	Registration	Personal Time	Personal Time	Personal Time	
15:00 – 16:30		Panel Presentations Workshops 90 minutes IG Focusing & Hiking	Lectures Workshops 90 minutes	Lectures Workshops 90 minutes	
16:30 – 17:00		Coffe break IG Focusing & Hiking	Coffe break	Coffe break	
17:00 – 18:30	Welcome Evening (Unfolding the Greek culture)	Panel Presentations Workshops 90-120 minutes IG Focusing & Hiking	Lectures Workshops 90-120 minutes	Closing Workshops 120 minutes	
18:30 – 19:00	...	Workshops-end / IG-start / Personal Time	Workshops-end / IG-start / Personal Time	Workshops-end / IG-start / Personal Time	
19:00 – 19:30	Open Space-Sharing	IG-end / Personal Time	IG-end / Personal Time	IG-end / Personal Time	
19:30 – 20:30	Dinner (19:30-21:30)	Dinner	Dinner	Dinner	
20:30 - 22:30	Open Space Sharing	Personal Time - Events	Personal Time – Events	Personal Time – Greek Festivity	

General Structure of the EFA2018 Conference Timetable **IG: Interest Group (Hiking may happen on Sunday afternoon)** ? : means (NotFixed-NotSure-Free)

Information: <http://efa2018.weebly.com> **EFA (European Focusing Association):** <http://efa-focusing.eu> **e-mail:** efa@efa-focusing.eu

Find here the abstract of all the Lectures, Panel Presentations, Workshops and Interest Groups of the 1st European Focusing Conference "Facets of Focusing".

Also, here, you can read the short bios of the presenters. The order is alphabetical according to the surname.

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Introduction

We are very pleased to welcome you to the **First European Focusing Conference**, which has been organised by our *Greek* colleagues in collaboration with members of the *Steering Group* from the **European Focusing Association (EFA)**. We hope you will enjoy and benefit from attending this ‘new’ event, which is the manifestation of a dream originally inspired by a small group of *European Coordinators* from **The International Focusing Institute (TIFI)**. Their aim was to bring European Focusers together for collaboration, to address societal challenges particular to Europe and to try to overcome our different barriers of language and culture. The conference will explore, through lectures, workshops, interest groups and panels, some of the different ‘Facets of Focusing’ as they have manifested in recent years through the work of colleagues from different parts of Europe- and also from further afield.

It is significant that this first **EFA** conference should take place in Greece since Greece is widely regarded as the ‘cradle of Western civilisation’, the seminal culture which has provided the foundation of Western culture, democracy, art, theatre, philosophy and science.

Celebrating Eugene Gendlin’s Life and Work and his Links with Europe

The inspiration for this conference is the life and work of **Eugene Gendlin** (1926- 2017) whose different ‘facets’ are celebrated in the diversity of conference presentations that are on offer: his work as a philosopher; his identification of the significance of ‘experiencing’ in the therapeutic process and his influence on the development of different therapies; his formulation of **Focusing** as a taught procedure by which individuals can be taught ‘steps’ to deepen their level of experiencing by listening to the bodily ‘felt sense’ that forms at the edge of awareness.

We also want to honour **Gendlin’s** links with **Europe**. He was born on 25 December 1926, to a Jewish family in Vienna. Although he and his family fled from Austria in 1938 and settled in the United States, he retained strong links with Europe and his fluency in German meant that as a young philosophy student he was able to read Dilthey (a major influence on his thinking) before Dilthey’s work had been translated from German to English. In the 1970s and 80s, as his academic reputation grew, he was a frequent visitor to *Person-Centred/ Experiential* training courses, mainly in the German-speaking European countries of Germany, Austria and Switzerland. He was also present at the first International Conference for *Client-Centered and Experiential Psychotherapy* held in Leuven, Belgium, in 1988.

The Structure of the Conference Programme

On page 3 (opposite) of this Programme you can read more about the **European Focusing Association (EFA)**, on whose behalf this conference has been organised and which- if you are not already a member- we hope you will join while you are here.

On the following pages you will find abstracts of all the *Lectures, Panel Presentations, Workshops* and *Interest Groups* together with details of the individuals who will present them. Each section is in alphabetic order according to the surname of the presenter. The General Structure of the conference can be seen on the inside cover of this Programme.

The specific timing of each individual presentation will be found in a separate Timetable.

We hope you will enjoy the conference!

The Organizing Team

Local Committee

Patricia Foster (Greece/UK)
Anna Karali (Greece)
Nikos Kypriotakis (Greece)
Dimitris Portokalis (Greece)
Pavlos Zarogiannis (Greece)

European Committee

Hejo Feuerstein (Germany)
Maria Emanuela Galanti (MEG) (Italy)
Judy Moore (UK)

Conference Webpage: <http://efa2018.weebly.com>

EFA (European Focusing Association): <http://efa-focusing.eu> e-mail: efa@efa-focusing.eu

1st European Focusing Conference “Facets of Focusing” 10-14 May 2018, Loutraki, Greece

1st European Focusing Conference

10th to 14th May 2018

at Pappas Hotel, Loutraki, Greece



Facets of Focusing

The European Focusing Association (EFA)

All conference participants are warmly invited to join the European Focusing Association. This conference has been organised by the Greek Team on behalf of EFA.

What is EFA?

EFA is a non-hierarchical network for European Focusers, Focusing professionals and Focusing practitioners, who wish to develop *Focusing and the Experiential Approach* through collaboration and mutual support. The aim is to make use of our intercultural diversity to develop Focusing theory and practice and eventually to certify Europe-wide Focusing training programmes. The Association is run at present by volunteers and we do not ask for a subscription.

What does EFA offer?

There is an **EFA** website (<https://focusingeurope.weebly.com/>) where European Focusers can advertise workshops and events, connect with colleagues, establish discussion groups and find links to related professional organisations. In time, you will be able to find all the workshops in Europe on our website and can put yours there too!

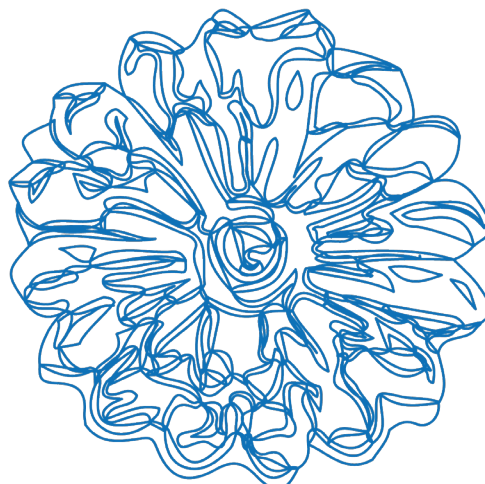
We also aim to hold an annual event where members can come together to find nourishment and inspiration among their Focusing peers. (Past meetings are listed on the website and- like this conference- have been organised by local groups.)

How does EFA operate?

Members are encouraged to take advantage of occasions such as the conference to form 'interest groups' on topics that inspire them. These groups can then carry forward throughout the year by online meetings (examples of groups that have successfully operated in this way so far are a 'teaching group' and a 'coaching group') and feed back to a '**Steering Group**' which has an overall co-ordinating role. We hope that more groups will form from the '**Open Space**' that will be held on the first evening of the conference. Space has been made for these groups to continue to meet over the days of the conference and they will feed back to the whole community at...

The EFA Annual General Meeting (AGM)

This will take place on *Monday morning* at the end of the conference. This is where we can come together to carry forward whatever has evolved from our time together. Please join us for this meeting and help us to continue to grow!



Facets of Focusing

Lectures & Presentations

alphabetical order according to surname

**Short
Presentation**

Elli Avgerinou (Greece)

“The establishment of HAPCEA in Greece: the contribution to Greek society”

20 minutes § *ANY number of people*

Abstract: The main reason for this presentation is to introduce the establishment of the Hellenic Association for Person-centered and Experiential Approach (HAPCEA) in Greece. This not-for-profit association aims to offer an umbrella for all Person-centered and Experiential counselors and psychotherapists in Greece, promoting their interaction, support, continuing education, ethical practice etc. Furthermore, one of its goals is to spread Rogers’ and Gendlin’s theory among people in the humanistic professions in Greece, and to promote interdisciplinary dialogue. # The foundation of HAPCEA is very important at this period for Greek society, being in the middle of a financial and social crisis, not only for PCEA therapists to have an association, but because we need hope as a society. And there is enormous hope in Rogers’ theory. # The philosophical basis of the PCEA is the faith in the person’s actualizing tendency, the tendency to differentiate, progress, and fulfill all his/her potential. For the actualizing tendency to be liberated, the person has to be in a state of congruence, at least to some extent. # The change in society can be achieved by the change in individuals, in other words by the emergence of a new person. This new person will be a person involved in life, with creativity, freedom of choice, interactive and caring. This will promote personal progress and consequently progress for society, coming from the emergence of new ideas, and their activation in new fields. As a society we need to find a new balance under our new circumstances, as the rule of homeostasis governs every aspect of the human existence.

Professional Portrait:

Elli Avgerinou Psychologist, Psychotherapist, MSc, ECP, PCA Trainer and Supervisor. Scientific associate of the Hellenic Focusing Center. Chair of the Board at HAPCEA e-mail: elavger@yahoo.gr # Elli Avgerinou is a Person-centered psychotherapist, trainer, supervisor. In 2004 she obtained a Bachelor’s degree in Psychology from Panteio Panepistimio in Athens. In 2011 she obtained a Master of Science in Person-centered Counseling from the University of Strathclyde, Glasgow. Recently she was trained in PCA family therapy and EFT couples’ therapy and in Focusing I and II. # From 2002 to 2013 she has been a scientific associate at ICPS, Athens. From April 2016 until now, she is a scientific associate at the Hellenic Focusing Center. Since May 2015 she is Chair of the Board at HAPCEA. #

**Short
Presentation**

Dr. Michael Callifronas, MD (Greece)

“Focusing and the Duck Shuffle”

30 minutes § *ANY number of people*

Abstract: Thirty five years ago Goodyear and Bradley* (1983) studied supervisory models from five therapeutic approaches. They found that these models had more similarities than differences and concluded that psychotherapy supervision can and needs to be based in common models which can work and be functional in more than one therapeutic approach(es). # Up to date a series of supervisory models have been published been based in two main axons: On the one hand we have the developmental models focusing the supervisor’s attention on characteristics related to the degree of the supervisee’s professional and personal development (Skovholt & Rønnestad, 1995; Stoltenberg et al., 1998). On the other hand the process models propose the procedure which needs to be followed in a supervisory session (Hawkins & Shohet, 2000; Page & Wosket, 2001). # We propose a combined model which includes both the developmental and the process character of supervision. In this model the Focusing experiential supervisor can approach with a duck shuffle mode when processing the supervisee’s blind spots, nuclear beliefs and psychological resistance, thus protecting from compassion fatigue, stress and burnout. This model can work with more experienced supervisees of quite any therapeutic

modality (Callifronas et al., 2017). * Due to limited electronic space all references are included in the downloadable paper: Callifronas M. Montaiuti, C. and Nina, E. (2017) A Common Approach for Clinical Supervision in Psychotherapy and Medicine. The Person-Centred and Experiential Model. Journal of Psychology and Psychotherapy, 7:6. DOI: 10.4172/2161-0487.1000332. #

Professional Portrait:

Michael D. Callifronas MD, ECP, AEU (Paris), DCTP: Physician, Psychotherapist and Clinical Supervisor # Focusing Oriented Therapist and Trainer (UEA) # President of the Hellenic Institute for Psychotherapy # Founding President of the Hellenic Association for Person Centred and Experiential Approach # Member: Institute for Biology and Medicine of Stress, Medical Board of Athens, Hellenic Endocrine Society, National Association for Psychotherapy in Greece. # Editor: - Neuroscience and Psychiatry. - Online Journal of Neurology and Brain Disorders - Associate Editor: Journal of Juvenile Psychology and Behavioural Sciences - Reviewer in Scientific Journals # Actually working: in person centred and experiential psychotherapy, anger management, mindfulness, parental skills development and self-esteem workshops.

Lecture **Frans Depestele (Belgium)**

page 05

“A process theory of physical illness: medicine and psychotherapy”

60 minutes § ANY number of people

Abstract: In medicine the body is approached as the body-as-object: observed and treated from outside. Medicine also needs the concept of the body-as-subject, the experiencing body. The body-subject influences the body-object in the processes of becoming ill and of healing. For example, if I have not eaten since a long time I am hungry but a very bad news makes disappear my hunger: meanings overrule the physiological processes. And in reverse, when I have flu a good news may revive my ill body. On this line we can understand how psychotherapy may have positive effects on the physical body, as is shown already in the experiential change step. Research shows that these influences are also demonstrable with serious illnesses. # The theory of medicine needs to be expanded. The mechanistic approach (units first thinking; old model) cannot explain well living organisms, let alone human beings. A human being is more than tissues that can become ill and can heal. In the first place a human being is a subject that is fully involved in these processes (process first thinking; new model). # How can both go together? We don't want to lose the findings of medicine, but at the same time we want to bring in the patient's experiencing and the healing power which can come from there. In theory as well as in practice good medicine asks for the back-and-forth attitude between the old model and the new model Gendlin is arguing for. #

Professional Portrait:

Frans Depestele I studied medicine and psychiatry at the University of Leuven, Belgium. My interest in psychosomatics brought me to study in-depth the work of Gendlin. Through this my interest in philosophy was awoked and I went back to the university and obtained a master's degree in philosophy. I work with outpatients in an individual setting and offer them experiential psychotherapy. I have published about experiential theory and practice. My main interest in practice is how the therapist concretely intervenes in the sessions. I published some papers on how to integrate focusing into psychotherapy. These papers can be downloaded from the website of The International Focusing Institute; when you search with 'Depestele' you will find the 2012, 2013 and 2014 papers. My actual interest is a study under the title 'A process theory of somatic and psychosomatic illnesses: medicine and psychotherapy'. #

Lecture **MEG (Maria Emanuela Galanti) (Italy)**

“... But Focusing implies a regression”

60 minutes § ANY number of people

Abstract: It seems that children can learn a basic version of Focusing faster than adults. Why so? In this provocative paper MEG (Maria Emanuela Galanti) argues that children do not have to regress to a preconceptual state of awareness as adults do. #

To support her claim, the author points to two writings from Eugene Gendlin: an autobiographical recollection of his school years in the US, and one of the most popular chapters in A process Model. #

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In the second part of the paper, benefits and risks of such a regression are considered. #
 Finally, the author suggests a few different paths for minimizing the risks and takes up one of the most difficult challenges of the philosophy of the implicit: sitting at the interface between the known and the unknown to shape bridge-concepts lifted out of an actual interaction between two different (and adult) human beings. #

Professional Portrait:

MEG (Maria Emanuela Galanti) (1957) holds a Laurea Degree in Philosophy (1980) and a Laurea breve Degree in Psychology (2010) from the University “Sapienza” of Rome. She holds also a MA in Philosophy from SUNY/Buffalo (1987). She is Counsellor (2010, Transactional Analysis Approach) and Focusing Trainer (2014). #

Her main theoretical contribution to Focusing is “Carrying Focusing forward and bottom up”, The Folio, 2015 (pp. 24-33). In the webinars “CoraLggiosamente Parlando”, she applies Focusing to the prevention of VAW (violence against women). She can be reached at meg.benessere@gmail.com, and through her Facebook page. #

Lecture

Christiane Geiser (Switzerland) & Judy Moore (UK)

“Beyond Rogers, beyond Gendlin: widening our understanding of the theory”

60 minutes Lecture + 30 minutes Dialogue § **ANY number of people**

Abstract: Over the many years of our professional lives as trainers and supervisors we have both re-visited the essentials of the person-centred and experiential approach many times. Each time we have learned more. Now that we have moved on from our respective institutions (in Switzerland and in the UK) we finally have more time to take our understanding to a new level. And we are especially aware of the contemporary social relevance of our thinking, which takes on particular urgency as the world around us seems to be ‘going mad’. # It is interesting to re-visit the origins of Rogers’ ideas and consider how Gendlin’s thinking has significantly expanded Rogers’ theory. But, like all radical approaches that relate to living processes, these concepts cannot simply stay the same in our ever-changing situations. So, while we remain inspired, we are also critical. We want to look with new eyes and breathe some fresh air into well-known concepts. # Some assumptions of the approach we consider to be non-negotiable, but we have also found some ‘gaps’ in the theory- for example, there is a tendency to speak in generalisations (what would be helpful for all clients, what would be the source of all ‘disturbances’ ...). Our contention is that a more refined understanding of individual differences and an examination of how our interactions and our thinking are coloured by them will enable us better to understand ourselves and learn more about our successful and our failed communications. # Our main concern and curiosity is with the phenomenon of a ‘frozen’ or ‘structure-bound’ manner of experiencing, which means that processes in a shared interactional space need to be differentiated. Moreover, we find that all theory-building-including that of Rogers and Gendlin- might in itself be ‘structure-bound’! #

Professional Portraits:

Christiane Geiser lives and works in Switzerland (Zurich and Ticino) as a psychotherapist and supervisor in private practice. She is the co-founder (together with Ernst Juchli) of a post-graduate training institute for client-centered and experiential body-psychotherapy (GFK) in Zurich, where she still gives workshops and offers supervision. She trained people in the German-speaking Focusing Network for 30 years. She is also a Certifying Coordinator of the International Focusing Institute (TIFI). For 2 years she has worked as a mentor for Mia Leijssen’s online course “Existential Well-being Counseling: A Person-centered Experiential Approach”. # She writes articles about person-centred/experiential and body-oriented psychotherapy. She has translated Gendlin’s “A Process Model” into German, together with Donata Schoeller, and edited a book about the GFK approach. For some years now she has been teaching and developing with Judy Moore knowledge about “structure-bound processes” for interested English-speaking persons. www.christianegeiser.ch #

Judy Moore is former Director of Counselling at the University of East Anglia (UEA), Norwich, UK. She ran the University Counselling Service from 1998-2013 and was also Director of the Centre for Counselling Studies, based in UEA’s School of Education and Lifelong Learning, from 2003-2012. She was trained in the person-centred approach in the mid-1980s, taught on the postgraduate Diploma in Person-Centred Counselling at UEA throughout the 1990s and was also responsible (together with Campbell Purton) for the development of Focusing training at UEA. She is a Certifying Coordinator of The International Focusing Institute and has a small private counselling and supervision practice, based in Norwich. She continues to write and teach, most recently with Christiane Geiser on character structures and stopped processes. She has also worked on the English texts and as a mentor for the University of Leuven Existential Wellbeing Counseling online course <https://www.edx.org/course/existential-well-being-counseling-person-kuleuvenx-ewbcx-0>. #

1st European Focusing Conference “Facets of Focusing” 10-14 May 2018, Loutraki, Greece

“Living forward. The challenge of carrying forward Gendlin’s legacy.”

60 minutes + 30 minutes Dialogue § ANY number of people

Abstract: Gendlin used the concept ‘living forward’ or ‘life-forward energy’ only a few times in his writings. However it is implied in everything he has written and we can read between the lines that it has been of huge importance in his way of thinking, practicing and living, as for instance shines through in these quotes: #

“If one’s attitude is welcoming, even long-fixed memories come as part of fresh **living forward**, rather than as constriction and stoppage.” Gendlin (1999). # “It took me a long time to affirm that the ongoing bodily experiencing has its own inherent **life-forwarding** implying. The little steps that arise at the edge are creative, imaginative, and always in some positive direction.” Gendlin (2003). # “In bodily terms ‘help’ means anything that brings **life-forward energy**.” Gendlin (2012). #

In this lecture I will make explicit how Gendlin as the most important ‘game changer’ in the field of Psychotherapy and Philosophy paved the road for some revolutionary steps, that imply several paradigm shifts in the traditional Western way of thinking, acting and living. #

I will explain the paradigm shifts introduced by Gendlin’s approach, by developing the living forward concept along the following themes: #

1. How we can understand ‘life forward energy’. Different aspects of this felt energy in the physical, the interpersonal, the inner, and the transpersonal realms of our experience will be highlighted. # 2. How we can come into contact with this ‘living forward’. And how the process of contacting the ‘living forward’ is different from the process of letting a ‘felt sense’ arise. # 3. How we can facilitate the helping process of working with ‘life forward energy’. And how this broadens the therapeutic approach to using other ways of working than an ‘interpersonal talking cure’. # 4. How or bodily felt contact with living forward opens new perspectives on human development, healing and wellbeing. #

Thus Gendlin’s ideas will be moved forward and each of us will be invited to interact in a living forward way. #

Professional Portrait:

Mia Leijssen, PhD. Professor Em. Clinical Psychology and Psychotherapy | University of Leuven. Experiential Psychotherapist and Focusing Teacher since 1981. In 2016 she developed a Massive Open Online Course: Existential Well-being Counseling: A Person-centered Experiential Approach. Until now 40 000 participants enrolled in this international ‘free of charge’ course. #

<https://www.edx.org/course/existential-well-being-counseling-person-kuleuvenx-ewbcx> #

“A new approach to understanding Focusing”

60 minutes Lecture + 30 minutes Dialogue § ANY number of people

Abstract: In this talk I want to outline a new way of thinking about Focusing. Gendlin said that he developed his philosophy partly in order to understand how Focusing is possible, and his account has its roots in the philosophical tradition known as phenomenology. #

My own philosophical approach is influenced more by what is called ‘ordinary language philosophy’ and approaching Focusing with this different background gives a different slant on what is involved in the practice. One advantage of an ‘ordinary language’ approach is that it does not lead us into the kind of abstractions that characterise most philosophical traditions. #

By contrast, ordinary language philosophy follows our ordinary ways of speaking, in a way analogous to that in which a client-centred therapist follows a client’s way of speaking. #

This new approach to Focusing can help to resolve a number of questions about the practice, such as how a felt sense is related to bodily sensations, whether felt senses have to be located in the centre of the body, why some people have felt senses without sensing anything in their bodies, and how felt senses are related to emotions. #

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Professional Portrait:

Campbell Purton studied for an MPhil degree in the philosophy of science in London, and then completed a PhD in the philosophy of psychology at the University of Alberta. He taught philosophy at universities in Canada and Scotland for several years and then trained as a person-centred counsellor. He worked at the student counselling service of the University of East Anglia for 27 years, taught on the university's Diploma course in person-centred counselling, and with Judy Moore set up the first Focusing-oriented therapy training course in the UK. He first encountered Focusing at a Person-Centred conference in Gmunden, Austria in 1994, and then began to study Gendlin's philosophical work. He has contributed papers and conference presentations on Focusing at a number of international conferences, and in the last ten years has been involved in establishing Focusing-oriented therapy training courses in China. #

He published *Person-Centred Therapy: The Focusing-Oriented Approach* in 2004. This book has been translated into Greek and Japanese, and outlines a focusing-oriented approach to therapy within a broad context of the person-centred approach. He published *The Focusing-Oriented Counselling Primer* in 2007, which is a brief introduction to focusing-oriented therapy, translated into Japanese and Chinese. He has become increasingly interested in the philosophical foundations of Focusing, and is developing a way of thinking about Focusing that differs in some ways from Gendlin's own approach. This re-thinking led him to reconsider the foundations of all the major approaches to therapy, and the results of this work appear in a book *The Trouble with Psychotherapy: Counselling and Common Sense*, which is currently being translated into Chinese. #

He is now retired from his counselling and teaching work, but continues to write on philosophical themes related to therapy. #

Lecture	Donata Schoeller (Germany)
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"Felt Sense – a beautiful yet misleading term"

60 minutes § ANY number of people

Abstract: Beginners in Focusing worry if what they feel is a "Felt Sense". Advanced Focusers debate what a "Felt Sense" is. If people who don't do Focusing are philosophers, they react with skepticism. Why should there be an internal sense holding any wisdom? If the "Felt Sense" suggests there would be a private "it," which Focusers refer to, the term is misleading. The practice seems luxuriously irrelevant, if all we do is to focus on some internal feeling-tones. #

Based on A Process Model, my paper lays out an understanding of "Felt Sense" in terms of a practice regenerating embodied environments. "Direct Reference" and "Felt Sense" are two sides of the same coin, so to say. The practice of "Direct Reference" and what we call "Felt Sense" name a co-generative, interdependent process – creating and re-creating interactional environments, differentiating new objects and matters which are at stake. There is no way to explain how the subtle process of "Felt Sensing" makes for such unexpected situational changes, if one does not face the challenge to think body-environment together, in terms of Gendlin's main principles of "interaction-first". The emphasis on the unpredictably creative process happening while we formulate into the implying of what we think, feel and experience – this was one of my core experiences when speaking and thinking together with Gendlin. There was no "ready" it there, ever – what was implied needed the process of carrying forward in order to make the difference it made. #

Professional Portrait:

Donata Schoeller has taught Philosophy at the University of Zurich, as well as at the ETH Zurich, and in the last four years at universities in the US (University of Chicago and DePaul University). #

Today, she is a senior lecturer at the University of Koblenz and leads an international research project launched by the University of Iceland on: "Embodied Critical Thinking". The project researches the effects of TAE on critical thinking abilities. A grant of the Swiss National Science Foundation has supported her Habilitation, which is greatly inspired by Gendlin's philosophy. It is about to appear this year. #

Donata is a Focusing-Trainer and has taught Thinking-at-the-Edge for many years at international Universities in Germany, Iceland, Israel, Switzerland and the US. She is also trained in Micro-Phenomenology methods by Prof. Claire Petitmengin, Paris. #

She wrote her PhD on Meister Eckhart's and Jakob Boehme's notion of humility. #

“Eigentlichkeit (owned-ness/authenticity) and therapy with an uninvited guest”

60 minutes § ANY number of people

Abstract: Working with clients, supervisees and myself I notice a particular quality of felt sense that can arrive. I have found concepts from Heidegger help me to understand it - the moment when a step beyond just being-in-the-world (Befindlichkeit) is possible/necessary, when the unpalatable must be ‘owned’-up to (Eigentlichkeit). #

In this session I will invite you to sample these felt senses, to notice resonances from several contexts and to consider ways a therapist may be helpful when it is encountered. #

Professional Portrait:

Alan Tidmarsh, PhD is a focusing-oriented therapist and supervisor who has worked substantially with drug and alcohol clients and now volunteers for a charity which provides support for survivors of sexual abuse. #

“Research Implications from Focusing With Music”

60 minutes § ANY number of people

Abstract: Music has a bodily effect on human beings and its power can feel utterly mysterious. Across the centuries, philosophers, psychologists, sociologists alike have proposed theories, but none have been able to offer a convincing, provable definition for what it is about music that can hold such potency. #

Focusing, the act of unravelling implicit meaning from previously vague or mysterious bodily feelings, can work with a bodily felt sense about music. “Research Implications from Focusing with Music” presents the findings of a new doctoral research study (based at the University of East Anglia, Norwich, UK) which qualitatively examines participants’ experiences of focusing on bodily sensations created by music that has been selected to summarize a current issue or problem. Two groups of participants, experienced focusers and clients of the university’s counselling service, were invited to select a piece of music and then focus on it using focusing steps. Where all participants were able to create a felt sense of the music, experienced focusers could explore and carry forward experiencing and experience powerful connections, memories that informed their current issue. Client participants were able to form a felt sense but experienced a significant blockage and were unable to work with what was there or carry forward in the same way. The research indicated that successful focusing on the bodily feelings created by self-selected music could tap into hidden meaning, forge new inner connections, contact memories and offer a powerful resource and a new facet of focusing. #

Alongside discussing thematic emergences from the data, this presentation further considers the theoretical and research implications for the way in which people use music. Gendlin and Zimmerman’s early theories of “stopped processes” and structured and process experiencing inform a discussion about client process using focusing and music, offering a fresh understanding of music’s power through focusing theory. #

Professional Portrait:

Jenny White has recently completed a PhD, A Phenomenological Enquiry into Focusing and Music at the University of East Anglia under the supervision of Dr Judy Moore. After working in television for ten years, she discovered a passion for focusing while training on the University of East Anglia’s person-centred diploma course. This led to developing Focusing and Music into an MA and then doctoral research. #

She works as a counsellor and experiential psychotherapist for the University of East Anglia’s Student Services and lives in Norwich with her husband Andy and their large ginger Maine Coon, Van Damme. #

“Focusing, Critical Theory and New Materialism”

30 minutes Lecture + 60 minutes Workshop § ANY number of people

Abstract: How Physics, Critical Theory and the concepts of New Materialism can inform our theoretical engagement and practice with Focusing? #

This lecture will present a few critical points of interest for the reconceptualization of the body, and of the Focusing practice itself. At the same time, it is a critical evaluation of Focusing from a sociological point of view and especially from the perspective of critical theory, as well as an attempt to see Focusing through the eyes of the current philosophical context of new materialism. #

Focusing (or any other therapeutic practice), in its material-discursive performativity can be seen as an ‘apparatus’, as an ‘agency of observation’, as an intra-acting ‘component’ of the phenomenon of the therapeutic encounter; cutting ‘things’ together-apart, in its dynamic relationality or respons-ability; performing or enacting (in this way) specific exclusionary (re)configurings of the world, locally determinate structures, boundaries, properties, meanings, patterns, ‘matterings’. #

Professional Portrait:

Pavlos Zarogiannis has studied Psychology, German literature and linguistics in Germany. #

He is Co-founder and Co-director of the Hellenic Focusing Center in Athens. #

He offers Client-Centered and Focusing-Oriented psychotherapy training, psychotherapy, and supervision, and is a certified coordinator for the International Focusing Institute, New York. #

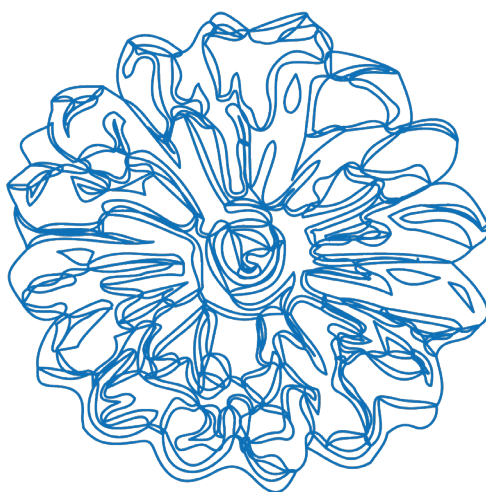
He has interests in literature, art and philosophy. #

Nikolaos Kypriotakis has studied Physics (University of Crete, Greece) and he reads modern physics as a kind of philosophy. He has been trained in Person-centred & Focusing-Oriented Counselling/Psychotherapy (*Hellenic Focusing Center*, HFC) and in Children Focusing. Currently he teaches Physics and Science in a public Junior High School, Focusing in HFC and is the editor-in-chief of the magazine *Εποχή-Epoché* (Psychotherapy, Phenomenology, Hermeneutics). #

He loves nature and its implicit intricacy, the nature of human body and poetry; ‘fresh, unconceptualized perception’; and all kinds of informal, free, person-centred education & learning. #

Except teaching conventional and non-conventional educational objects to children with severe vision problems with the help of Focusing, web administrating and creating e-learning simulations, in recent years, his interest has been captured by the application of the experiential methods of Focusing and Thinking At The Edge (TAE) in educational/school programs. #

For two years, he was the General Secretary of the *Hellenic Association for Person-centered & Experiential Approach*. #



Facets of Focusing

alphabetical order according to surname

Panel Presentation	Heidrun Essler, Joke Van Hoeck, Maria Kyriakidou, Zoe Voulgaraki (Germany, Belgium, Greece, Greece)
“Children / Parents / Focusing”	
60/90/120 minutes § ANY number of people	

Abstract:

Challenges and chances to intergrate the adults into the work with children and adolescents and how to work with the whole system. #

Professional Portraits:

Heidrun Essler: I have been working in the field of communication and conflict with adults since 1989. Dealing with these issues I have been confronted with language and emotions over and over again. Whilst adults have to labor to bring out such issues children can learn to have immediate access to them – to welcome them and not call feeling their emotions a thing. #

I have experienced the energy of the children connecting me to my own living forward energy on every occasion. #
I am an academic speech trainer, Focusing teacher for adults and children and Certifying Coordinator and senior teacher of the International Focusing Institute New York (TIFI). #

Maria Kyriakidou is a psychologist with a postgraduate degree in school –developmental psychology, person-centered psychotherapist & prevention professional. Since 1998 she has been working at PYXIDA, a Social Service for Drug Prevention and Psychosocial Health Promotion in Thessaloniki. In its service she is engaged in individual and group counseling for children and adolescents as well as their parents and teachers. #

She is also involved in designing, developing and evaluating addiction prevention and mental health promotion interventions, as well as creating educational prevention materials for primary and secondary schools. #

She cooperates with the Hellenic Focusing Center as a trainer in counselling and psychotherapy training course. She has been trained in focusing and children focusing, which she uses in her work with children and parents, giving them the opportunity to focus on their bodies and improve their relationship with themselves and important others. #

Zoe Voulgaraki: Psychologist, Person-Centered and Focusing-Oriented psychotherapist at private practice. Currently working in mental health, social services, and education field - special and general. #

She is participating in educational intervention programs for the inclusion of children with learning and psychosocial difficulties. She is also a group coordinator for parents and adolescents. #

Joke Van Hoeck has a master degree in Psychology with a specialization in psychology of children, youth and their families (2002). She is a certified experiential child psychotherapist (2008) and certified Focusing trainer and Focusing Oriented Therapist (2014). #

For over 15 years she has been working with children and youth in different settings: individual psychotherapy in mental health centers, school counselor, educating professionals who work with children, developing training material about communication with children... #

Nowadays she works within a psychotherapy practice at the university of Leuven, Belgium, where she experiences the gift of focusing on a daily basis as a child psychotherapist and where she also teaches focusing courses for adults, several times a year. Her newest project is developing a focusing course for parents. #

Joke is a mother of three children, aged 10 months, 10 years and 13 years, where practicing focusing in daily life comes in really handy. www.jokevanhoeck.be #

“Experiential Concepts in professional practice”

180 minutes § *ANY number of people* - moderated by Hejo Feuerstein
(Bilingual: spoken language & power points: English-German)

Abstract:

#1 Eleonore Schudek: Developing supportive work relationships in stressful social work conditions by collegial Focusing. #

#2 Kurt Schley: Experiential Behavior Therapy for Children and Adolescents - How Focusing can be used within Behavior Therapy. #

#3 Hejo Feuerstein: Experiential concepts for decision making: Some recommendations on how to use Focusing and the Felt Sense - and how to not use it. #

We want to present some new ways to apply Focusing and the Experiential approach to issues and challenges of different professional domains. We developed these concepts in Germany and would like to share these with our European colleagues, also to start an ongoing discussion and collaboration between those who are interested. # (The presentations are given by PowerPoint charts with bilingual text)

Professional Portraits:

Eleonore Schudek: Eleonore is running a center for therapeutic pedagogy with a staff of about 100 educationists and therapists working with children and families who are in trouble and often traumatized. Her center is mandated by the youth welfare services to visit families and children at home and encounter daily failed family structures, aggression, children in desperate conditions. They also provide room for children outside their families and a clinic for young people with severe dysfunction. Meanwhile there is research that shows that professionals who are working within this kind of traumatizing milieus are in danger to become traumatized themselves, the phenomenon of secondary trauma, which is connected to burnout, illness, and other kinds of trauma outcomes. That's what Eleonore wants to deal with by implementing Focusing spaces within the work relationships. #

Within the presentation we report the steps of development: starting the concept development by TAE/ECC, forming a pilot group of colleagues, assessing the experienced daily work situation and challenges; using tests for Focusing ability, Trauma, Wellness, Training the participants in basic Focusing skills, adjusted to the needs of the collegial support system. This model could be applied to other workplaces where interactional stress and heavy conflicts are part of the everyday worklife. #

Kurt Schley is a Focusing professional and psychotherapist for children and adolescents in private practice. He runs an institute for the training of behavior therapists for children and adolescents (which are officially licensed by the German insurances). Since long we are developing concepts for using Focusing and the Experiential approach in behavior therapy and within the training of Behavior Therapists. #

Some key issues out of these activities are reported: Behavior Therapy has changed a lot by considering inner processes within the psychotherapeutic framework - e.g. Mindfulness is meanwhile an approach integrated into Behavior Therapy. But still behavior change along with standardized manuals is often standard in the practice of Behavior Therapy, also for children and adolescents. We will present concepts and practical examples how to use Focusing and Experiential interventions with children and adolescents and discuss some experience. #

Hejo Feuerstein is a psychologist, psychotherapist, and Certifying Focusing Coordinator in Germany. Within his work at a University of Applied Sciences for Public Management he and colleagues developed an Experiential Approach to decision making, a program which is now to be evaluated. #

After years of applying this approach in Coaching and Counseling there are some experiences of how people use their own belly/gut feelings within their daily decision making. There are questions arising if the daily use of something like felt sense is leading to really better decisions compared with “mere thinking”. Examples: Is “feels good: do it” and “feels bad: don't do it” really appropriate? Or, if you are in a process of personnel selection: if you resonate with a good feel to one candidate, and with a murky to another one: should you select the one you feel good about in your belly? #

Our recommendation: Explore and understand the meaning of a felt sense within the intricacy of a decision-making situation - and there will be many ways how to differentiate new options to feel good and congruent with the newly emerged options. And: Experiential methods can also be used to apply concepts out of mainstream decision-making research (e.g. Kahneman) work within counseling processes - following Gene Gendlin's understanding: the Experiential approach is a method for using methods and concepts, also from other approaches. #

Workshop **Teresa Dawson** (Switzerland)

“Sleeping and dreaming – interacting states of being”

90+ minutes § ANY number of people

Abstract: Do you care about the quality of your sleep? Every physical body feeling unwell dreams different than a healthy one. Before we ask for the meaning of a dream, we should also ask for its connection beyond the psychic condition. During sleep our body continues interacting and communication with the environment, trying to adjust to given circumstances. Some of them we cannot avoid, others we could. Therefore, our dreams tell us as much about our sleep as about our psyche (and our soul, but this is another topic). We should consider this while trying to let the meaning of a dream unfold. It would bring forth new guiding questions. In this short workshop we will mainly focus on correlations between physical health, environmental conditions, influences like electricity, food, soil texture and others. In Focusing-oriented exercises you could explore from memory that your sleeping body deals with such difficulties, and that associated dreams would suggest possible improvements. Or just generally, how different your dreams are in your familiar bed or in a strange place, with your usual diet or in case of deviant standards. Many aspects to play with! #

Professional Portrait:

Teresa Dawson Switzerland. Certifying Coordinator of TIFI for more than 20 years, teaching in different countries Focusing, Dream work and occasionally TAE. Dreams are the passion she shared all those years with Gene Gendlin. He encouraged her to teach her expanded model of understanding dreams. Using Focusing as access allows a dipping into other worlds of living, realizing the potential of manifesting different realities, experiencing layers of feelings, discovering unknown knowledge. She is always asked to write about her dream work, but as dream experiences themselves reveal are a kind of fluid existence, she prefers the tradition of oral teaching. Teresa Dawson also works in Zurich as a Focusing-oriented therapist. #

Small Workshop **Yehudit First** (Israel)

“Social Oriented Focusing”

120 minutes § UP to 20 people

Abstract: Is it possible to be intimate with myself and at the same time with another in a Focusing process? Over the years, I came to notice that the Focusing space is limited: in places an intrapersonal focus, leaving interpersonal interaction aside. Could we have both at the same time? Is it possible to be with myself as well as with the other during the same Focusing process? # Through personal and group experiences, I have developed what I call Social Oriented Focusing. It is an organic, authentic way to be whole in all our parts while interacting with ourselves as well as with others. We seek to identify the felt sense created within the mutual interaction occurring in the here and now, enabling a transformative process to take place within the mutual space. # In Social Oriented Focusing we focus on the mutual interpersonal space, developing our sense of social interaction that fosters: - The freedom and the space to be ourselves while interacting with others. - The skills needed to be fully attentive to myself as well as to the other at the same time. - The ability to break down barriers that limit us in social interactions and stop us from fulfilling ourselves in interpersonal interactions. - The ability to identify what unravels within me and within the other, and find a language of sharing, understanding and accepting within the mutual experience. #

Professional Portrait:

Yehudit First I am a qualified Body Psychotherapist, EABP member, Group facilitator, Focusing Coordinator (in training), specializing in Somatic Experiencing. I have taught basic Focusing and Focusing qualification courses, as well as unique courses integrating focusing with deep-tissue-bodywork, and Social Oriented Focusing. Focusing brings

EFA (European Focusing Association): <https://efa-focusing.eu> efa@efa-focusing.eu

many gifts to my life and to the lives of my clients and students. I experience my work as a calling that excites me time and again and believe wholeheartedly in what I do and teach. #

As a Body Psychotherapist integrating emotional work and bodywork, I have also created a course that combines Focusing with bodywork. This integration facilitates healing and, promoting vitality in arrested processes and during physical pains that carry within them emotional personal pains. #

I believe that within every human being there is an inner personal essence that knows the path to a better life. It is a life of love, growth and fulfillment. #

Workshop *Ifat Eckstein* (Israel)

“The Art of Feeling Whole”

120 minutes § ANY number of people

Abstract: How can we expand our perspective, be sustained and nourished by it? #

Gendlin shows us that each moment is a whole, each piece of life inherently connected to a wide range of connections, experiences and knowing. Through Focusing, we can recognize and explore these precious moments and learn more about ourselves. We can expand our consciousness to sense the more. By attending to and learning more about our levels of consciousness, we can hold our lives in a new way. #

In this workshop, we will explore the ability and flexibility we have to create a sense of expansion. Taking us beyond our usual perspective, a vast space opens for growth and healing. Through guided meditation, practice and Focusing, we will touch the Art of Feeling Whole. #

Professional Portrait:

Ifat Eckstein is a clinical couple and family therapist (MSW) and a practicing Focusing Oriented Psychotherapist (FOT). She is a senior Focusing coordinator in Israel. Ifat is the Academic Coordinator of Focusing in the Bodymind Psychotherapy Program at the Shiluv Institute, Israel, where she also teaches. In addition, she gives workshops in Israel and abroad interfacing spiritual dimensions and psychotherapy. Ifat has recently established Widefulness as a multidimensional approach to psychotherapy. #

Small Workshop *Pat Foster, Eirini Davleri* (UK-Greece, Greece)

“Presence In-Action through Focusing as a Life Skill”

90 minutes § UP to 20/24 people

Abstract: A 1½ hour advanced experiential workshop on how the self-perpetuating process of Presence, both in the Philosophical and Spiritual context, can be realised as a practical life skill. An inter-relating multifaceted tool for everyday living situations. #

Recommendation: For Focusers who are comfortable with clearing a space, inner dialogue with the felt sense and embodied listening. Experiential Workshop presented by FOCUSING AS A LIFE SKILL, www.focusinglifefskill.com & info@focusinglifefskill.com. #

Professional Portraits:

Pat Foster: Life coach – Focusing as a Life skills trainer. Sociologist-Political Scientist (University of Leeds). Person-Centred and Focusing Oriented Psychotherapist (HFC Athens). Certified Focusing Trainer – Focusing Oriented Therapist. Coordinator in Training (The Focusing Institute, New York). M.A. Focusing Oriented Psychotherapy and research methods Thinking at the Edge (University of East Anglia). Certified Psychotherapist (European Association for Psychotherapy). #

Eirini Davleri: Life coach – Focusing as a Life Skill trainer. Health Psychologist, MSc (University of Stirling). Certified Person- centered Therapist, Supervisor and Trainer (University of Strathclyde). Coordinator in Training (The Focusing Institute, New York). Speech Therapist specialising in Communication and Learning Disorders (European College of Athens). Certified Psychotherapist (European Association for Psychotherapy). #

Workshop	Marine de Fréminville, Calliope Callias (France-Canada, USA-Greece)	page 15
“Born in One Land And Living in Another: Carrying “it” forward creatively”		
90+ minutes § <i>ANY number of people</i>		

Abstract: Migration and immigration has always been a major global issue with many psychological implications. It is very common for people to compare the two, or more, lands whether their relocation came from an inner choice or external circumstances. These comparisons may lead to many mixed feelings such as rootlessness, strangeness, loneliness... and/or excitement, a sense of wonder, safety... In this workshop, we will explore how our bodies experience the different lands and we will invite fresh ways of “dancing” beyond any duality. Through various expressive art forms, we will use our felt senses to guide us through our possible challenges and support the unfolding the unfolding of the “more”... #

Professional Portrait:

Marine de Fréminville is a Clinical Psychologist in Montreal, a FOT and a TIFI certified Coordinator, teaching and spreading Focusing since 30 years internationally: i.e. Canada, Europe (France, Belgium), Ecuador, Japan, Mexico. She is known in The Focusing community for her work on the exploration of the ‘Background Feeling’ in Focusing, see her article in TheTribute Folio, 2008. She enjoyed working internationally as an ILC member in 2014-2016. Born in France, then living in Switzerland and residing later in Quebec, Canada. She usually feels deeply in her body her “belonging” to Europe and is still adapting herself to the Canadian land after more than 30 years. She is very happy to co-animate a new workshop with Calliope Callias at this “1st European Focusing Association Conference 2018”, in Greece. #

Calliope Callias, PhD is a clinical psychologist in New York City, a certified Focusing-Oriented Therapist/Trainer, and a Focusing coordinator in Training. She is of Greek descent, was born and raised in different Mediterranean countries and resides in the US for the last 30+ years. She usually identifies herself as Greek and American (not Greek-American) and sometimes as none of the two, as more and beyond any or both of them. #

Workshop	Bilha Frolinger (Israel)
“How nurturing and practicing resiliency in daily living helps in times of crises?”	
90 minutes § <i>ANY number of people</i>	

Abstract: Resilience is the individual’s ability to bounce back from a negative experience and successfully adapt to life tasks in highly adverse conditions. Resilient individuals have, through time, developed proper coping techniques that allow them to effectively carry forward their life through crises. #

What are those coping techniques? What are the characteristics of a resilient person and how can we nurture resiliency in the therapeutic setting? How can we bring resiliency into our daily living and promote health and wellness? Aside from exploring these important questions we will experience exercises for enhancing resilience in therapy and in everyday life. # The objectives of this workshop are to raise our conscious awareness to the importance of these energy skills, and also to enrich and add on skills to our “tool box” as therapists by using some main ideas and principles from Focusing, Mindfulness and Positive Psychology. #

This holistic approach is based on the understanding that the body knows “more” and has a built-in natural movement toward health and resilience even in dire situations. # As living in Israel, a conflict zone area, I would also share my experiences as a volunteer in the hotline of The Israel Trauma Center for Victims of Terror and War for the past 8 years. #

Professional Portrait:

Bilha Frolinger (M.A.): coordinator is a certified psychotherapist treating anxiety and trauma in her private practice and in the hotline of the Israel Trauma Center for Victims of Terror and War. There and in other organizations, she teaches Focusing to therapists, social workers and psychologists. # She developed programs for Children with Special Needs while working in the Center for Educational Technologies and also supervised Educational Teams for Children with Special Needs. # Bilha is a Focusing Oriented Therapist who integrates the philosophical principles of Dr. Gendlin in her work with adults and children. #

Small Workshop	Annat Gal-on (Israel)
“HomeFocusing - Focusing Oriented Relationships”	
120 minutes § UP to 20 people	

Abstract: As Focusers, we know how to listen inward, and to our Focusing partners and clients, to be Self in Presence with them. #

But what happens to us at home? What happens with those that we love, depend on, worry about? How can we enable ourselves the beneficial interaction that Focusing has to offer with our life-partners, children, parents? # In this workshop we will be familiarizing with HomeFocusing, relationship-oriented Focusing which enables Focusing-oriented relationships, and exploring our own relationships. #

Professional Portrait:

Annat Gal-on Focusing trainer (coordinator in training) for adults and children, and a Family Constellations facilitator. Annat is the developer of HomeFocusing, a unique approach for Focusing oriented relationships, which enables bringing Focusing qualities home, into our everyday life and close relationships. #

Annat has a practice in Focusing processes for individuals and couples, teaches HomeFocusing courses, Focusing relationship workshops, and facilitates Family Constellations therapy sessions. #

Small Workshop	Ruth Hirsch (Israel)
“Building Inner Strengths to Heal Your Inner Critic”	
90+ minutes § UP to 20 people	

Abstract: Tired of those relentless inner voices that seem intent on punishing or derailing you? At the same time, are you almost as weary of striving to subdue them, to find sanctuary from their often toxic messages? # Based on new ways of viewing the inner critic, the workshop will offer an overview of new ideas for how to cope with those often harsh inner voices, heal inner wounds and also strengthen other parts in order to live life more fully. Of course, all of this will be grounded in Focusing. # Features of workshop:

- We'll take a look at existing and new ways of using Focusing to work with the inner critic.
- We'll look at some other new approaches to working with the inner critic that can be enhanced by adding Focusing.
- While the emphasis on this workshop will be experiential, research/ philosophy on healing and growth related to the inner critic will be presented.
- Supplementary handout will be provided to augment the material presented in class.
- Time for sharing, discussion, questions in a safe, supportive group. #

Summary of what you'll get:

- Group Focusing, lecture, sharing within the group, Focusing partnerships to practice material discussed in the lecture.
- Focusing Exercises to support you in working with your own inner critic as well as to strengthening other parts so that the inner critic has less “need” to show up.
- A better understanding of your own inner critic and different approaches to working with it. #

Professional Portrait:

Ruth Hirsch MSW, MPH, CMT: Based in Jerusalem, Ruth is a Therapist, Focusing Trainer, and Certifying Coordinator. She has maintained a private practice since 1990 working with clients and teaching. Since 1994 she has been training therapists, coaches, and other healing professionals in Focusing, both as an individual life-enhancing practice and as an adjunct to optimize and deepen their work with clients. #

Ruth's background also includes training and experience practicing and teaching yoga, massage and acupressure therapy, and aromatherapy. Other interests include playing folk guitar, being in nature, and sharing the richness of Jewish spirituality to deepen our relationships with ourselves and others. What she loves most about her work is watching clients and students experience unfolding, healing, and growth in their lives. #

“The Greek myth of ‘Ariadne’s Thread’ as navigator to our implicit labyrinths...”

90 minutes § ANY number of people

Abstract: The fundamental term of E.T. Gendlin’s Phenomenological practice, ‘Interaction First’, echoes the ‘intricate openness’ of the nature of the self that never ends, since the self for Gendlin is not stagnant or unchanged but evolves as a living process. This interaction is found in plants, animals, and humans and embodies self-organizing living processes with the environment. Therefore, one cannot encounter something that is exactly the same, akin to machine-produced artifacts. This pre-reflexive self-organizing living process is underlying the Focusing-oriented psychotherapy (E. Gendlin, 1999) in seeking the ‘implicit’ knowledge through the body. #

In this workshop we will initially create space both for the introduction of the pertinent theme of the Greek myth about ‘Ariadne’s Thread’, and its broad implications in psychotherapy. Then, two of the Sea Interludes, by Benjamin’s Britten, will accompany the process of navigating our felt sense, as another ‘thread’, in the labyrinths of our intricate existence. By the closing of music we will work in couples, exchanging our experiencing process which, hopefully, might have carried forward a fresh awareness. To conclude, we may share with the whole group, if so desired. #

Key words: interaction first, intricate openness, self-organizing living process, implicit, felt sense #

Professional Portrait:

Anna Karali psychotherapist, co- founder and co-director of the *Hellenic Focusing Center* in Athens (est. 2001). Studies in psychology (B.A. and Pg. Dip. in Counselling, Strathclyde University, Glasgow, Scotland). E.C.P. holder. Trainer and supervisor for Client-Centred and Focusing Oriented Experiential Psychotherapies. She is also currently trainee (3rd year) in the humanistic approach *Guided Imagery Music* (GIM). She, further, holds workshops and seminars and maintains a private practice for individual and group psychotherapy. She is a Country-Certified Coordinator of the International Focusing Institute (New York) since 2003. #

“Existential wellbeing counseling”

120 minutes § ANY number of people

Abstract: Existential wellbeing counseling emphasizes the interdependent nature of the physical, social, personal and spiritual aspects of human experience. It implies a choice to look at symptoms as wake-up calls for realizing the full potential of human life. #

Through an experiential process of developing strength awareness and focusing on resources, clients are encouraged to engage with different sources of wellbeing. This is an experiential way of creating a shift from problems and limitations to opportunities and possibilities and of developing awareness of the ‘living forward’ energy that gives direction to human life. By connecting with all the realms of human experience with an attitude that is inspired by the pure quality/energy of Love, counseling can be transformed from merely curing to healing. #

Participants can experience this process in this workshop through engaging with experiential exercises to enhance wellbeing, addressing the physical, social, personal and spiritual realms of human existence. #

Professional Portrait:

Mia Leijssen, PhD. Professor Em. Clinical Psychology and Psychotherapy | University of Leuven. Experiential Psychotherapist and Focusing Teacher since 1981. In 2016 she developed a Massive Open Online Course: Existential Well-being Counseling: A Person-centered Experiential Approach. Until now 40 000 participants enrolled in this international ‘free of charge’ course. #

https://www.edx.org/course/existential-well-being-counseling-person-kuleuvenx-ewbcx #

Workshop **Nada Lou** (Canada)

“Think Different (TAE)”

90 minutes § ANY number of people

Abstract: Thinking at the Edge (TAE) is a practice created from Gendlin's Philosophy. In this course you will learn how to find your growing edge of awareness; how to think and use language from your felt sensing; how to write for yourself and how to write for the public. You will delight in having tools to enable your passions and interests to become reality. # Thinking in a Focusing way opens a whole new awareness of hidden gifts you've been holding inside for years. During the Focusing process something in you changes and that shift becomes a new doorway into your inner world. Thinking takes the shift to its exciting next step. In a step-by-step process you will learn how to say more about what you know inside but cannot yet fully articulate. You will learn how to take your ideas into action. #

If you ask yourself: Am I full of information, but often feel that I lack clarity? Do I find that often I have things I want to say, but I'm not always able to express myself fully? Do I find that writing is too often a struggle? Do I sometimes feel stuck and don't know how to find the next right step? #

If you have answered yes to any of these questions, then THINK DIFFERENT (TAE) is for you. #

Professional Portrait:

Nada Lou is one of the well-known Focusing teachers, with a double specialty in Thinking at the Edge (TAE) and Focusing. She is also well known throughout the Focusing world through her DVDs that have brought the teaching of Gene Gendlin, and other Focusing luminaries into our homes and offices. # Immersing herself in Gendlin's thinking by videotaping and participating in all of his Thinking at the Edge workshops has made Nada one of the world's experts in TAE. She co-presented TAE with Dr. Gendlin and as a teacher by profession, Nada has given many Focusing and TAE Workshops around the world. # Author of “Grassroots Introduction Manual to TAE”, Nada has the ability to gently and patiently nurture each person's ‘thinking edge’, guiding them at every step. # Nada is a Focusing Institute Coordinator certified to train those wishing to teach Focusing/TAE and Trainers who wish to become Coordinators. #

Workshop **Greg Madison** (UK)

“Upscaling Focusing: Can we take an individual practice as a template for social and community organising?”

120 minutes § UP to 30 people

Abstract: Together we will outline some aspects of what we know from Focusing and discuss what, if anything, these aspects could offer to group processes and community organising. Rather than leaving behind what we have learned from Focusing and defaulting to conventional formats of organising, what would it look like if we ‘upscaled’ Focusing to inform all our organising so that it is consistent with our Focusing practice? Can we have Focusing-oriented Democracy, Focusing-oriented Communities & Organisations, Focusing-oriented Politics...? Would we want to ‘trust the process’ in groups like we do in our own Focusing? Treat every ‘voice’ equally? #

Greg will present a few of his own ideas and then facilitate a discussion about ‘social Focusing’, whether it is possible and if so, whether we would want it... #

Professional Portrait:

Greg Madison is an existential psychologist & lecturer. As well as a private practice in London, Brighton, and online, Greg travels frequently to teach Focusing and Experiential-Existential Therapy (a form of FOT). #

He has established Focusing Oriented Therapy certification programmes in Australia, Portugal and London and founded the London Focusing Institute for professional and public courses in embodied listening and relating. #

He is active in progressive movements within the psy-professions and supports groups working for radical democratic change. Greg is originally from Canada and has special interests in the experiences of belonging and ‘home’. #

He has edited three books and authored a book about leaving home called “The End of Belonging”.

www.gregmadison.net #

“Facing your Existential Demons: Experiential workshop on focusing from your safe place”

90 minutes § UP to 20 people

Abstract: In this workshop we want to help you to make contact with a bodily felt safe place. From here on you can go back and forth in the direction of your existential demons (like the fear of being abandoned and really be on your own in your life, the undefined darkness that comes along sometimes, the inevitable losses we had and that we will have, the horrible awareness that our life will stop at some point, the feeling of total senselessness that can overwhelm us, the universe that is watching indifferently when my life falls apart...). # Mostly, we prefer not to go into these difficult feelings and convictions. But at some point in our life, maybe we have to face them. # We look for safe ways to contact your existential givens in order to have a non-threatening dialogue with them. In this interaction we give a lot of attention to appropriate self-care. #

Professional Portrait:

Claude Missiaen is Client-Centered, Existential and Focusing Oriented Psychotherapist. # He is team member of the training Client-Centered Psychotherapy and the training Counseling in Existential Wellbeing, both at the University of Leuven. He is also team member of QIT (Quality Improvement in Therapy). # He has a private practice and is certified by The International Focusing Institute as Focusing Oriented Psychotherapist, Focusing Trainer and Coordinator. #

“(Ιφιγένεια εν Σώματι) (Gr: Iphigeneia en Somati) Iphigenia Embodied or My Iphigenia”

120 minutes § UP to 10/20 people

Abstract: Greek Ancient Tragedies and Myths are an extraordinary part of our history and a great example of human kind. They express passion, hate, love, war, peace, family relations, conspiracies, gods, semi-gods, sacrifices. But what is the meaning of them, what do they represent? What do they try to tell us? For whom they are talking about? Where do they come from? Is it a trying to understand cultures? Is it a way to feel an entire civilization? Is it the history of man in society or is it something more...something deeper, something that comes from another faraway but so close world. Something that happens in our world...Our inner world... Stories that have not been told...Stories that are not symbolized...yet... # An interpretation of our fundamental beings, a projection of the mysterious powers of who we are, a mirroring of the paths we chose to follow and lives that have been lived or not or maybe or both. # This workshop is an invitation to meet the Greek Ancient Tragedy of Euripides, (Gr) “Iphigeneia en Tauris” and (Gr) “Iphigeneia en Aulidi”, in our inner world in what so called “Body”- “Soma”, (Gr: Iphigeneia en Somati), explore our own adventures and introduce to us the familiar but mostly the unknown heroes that we carry every day, those mythical heroes that we really are. #

Professional Portrait:

Sofia Papoutsis Person-Centered and Focusing-Oriented Psychotherapist, Focusing Trainer, Trainer in Training in Person-Centered and Focusing-Oriented Psychotherapy. MA in Counselling. MA in Sociology. EAP member. Senior Clinical Social Worker. #

“Focusing and movement. Feeling safe.”

90 minutes § UP to 16/18 people (work with movement)

Abstract: The aim of this workshop is to feel safe and comfortable in our body. We focus on the safe place in ourselves. Sometimes we explore our movement alone, sometimes with a partner, but always we create a

safe environment. In this ‘Authentic Movement’ we get the experience of ‘being moved’ instead of ‘I move’. #

Professional Portrait:

Gerd Parquin (1958°) works as a dance and movement therapist. She is a certified focusing trainer. #

After working during 18 years as a teacher in movement education and expression at the teacher training, she started her own center ‘CambiArte’. #

Her goal is to guide change processes in people in which the body plays a prominent role. #

**Small
Workshop**

Dr. Atsmaout Perlstein (Israel)

“Relational Aspects of Interactive Focusing and Mindfulness: Implications in Couple’s and Family Therapy”

150 minutes § UP to 24 people

Abstract: Relationships present us with joys and sorrows and can be our biggest challenge in life. As FOT therapist we want to remember Gendlin’s statement that there is always a positive tendency in the negative pattern awaiting to be carried forward, even though it may not be visible at first. The therapist is the spark of genuine, authentic connection that can mobilize the negative pattern into a positive and life-giving experience. # This workshop will present an integration of Mindfulness and Interactive Focusing approaches to relational dilemmas presented by couples and family members. Few difficult cases will be presented as a framework for the participants to learn principles and practice skills to facilitate changes in difficult patterns: creating safety, different ways to experience felt sensing, the double empathic moment, breathing as an anchor to self-management, self-compassion and compassion for the other, using **KOL-BE** (a human figure with no gender) to facilitate relational issues in couple’s and family therapy. #

Professional Portrait:

Dr. Atsmaout Perlstein is a clinical psychologist with a private practice for the past 33 years treating individuals, couples and families for diverse problems such as anxiety, trauma, familial conflicts and finding new directions in # She lived in Chicago and studied with Gendlin, Mary McGuire and Janet Klein. Sh is a certified coordinator who brought Focusing to Israel 1995. and cofounded the first Focusing Center in 2000. Atsmaout has lectured extensively and led workshops to professionals in America, Europe and Israel. She also developed a project called Kol-Be and it is used to facilitate the Focusing process. #

**Small
Workshop**

Donata Schoeller (Germany)

“A Process Model”

90 minutes § UP to 20 people

Abstract: In this workshop I introduce some basic concepts of A Process Model in experiential exercises. # What I want to convey is how these concepts “open up” the intricacy of our experiential process, instead of “determining” or reducing it. Gendlin speaks of functional concepts. They allow us to think and experience deeper the way we think and experience. #

We will read short passages from A Process Model, speak about them, and then exercise and share. #

Professional Portrait:

Donata Schoeller has taught Philosophy at the University of Zurich, as well as at the ETH Zurich, and in the last four years at universities in the US (University of Chicago and DePaul University). #

Today, she is a senior lecturer at the University of Koblenz and leads an international research project launched by the University of Iceland on: “Embodied Critical Thinking”. The project researches the effects of TAE on critical thinking abilities. A grant of the Swiss National Science Foundation has supported her Habilitation, which is greatly inspired by Gendlin’s philosophy. It is about to appear this year. Donata is a Focusing-Trainer and has taught Thinking-at-the-Edge for many years at international Universities in Germany, Iceland, Israel, Switzerland and the US. #

She is also trained in Micro-Phenomenology methods by Prof. Claire Petitmengin, Paris. She wrote her PhD on Meister Eckhart’s and Jakob Boehme’s notion of humility. #

“Interactive Focusing as an instance of ReLiFo”

90+ minutes § ANY number of people

Abstract: Interactive Focusing was developed by Janet Klein & Mary McGuire. #

You can use Interactive Focusing to get in touch with your inner world, to improve your empathic skills, to strengthen your relationship with someone and to work on relational problems. #

Janet hoped it would contribute to more peace in the world. It can help people who are very different from each other to get into a safe conversation and it helps to grow more understanding and connection between them. #

When Eugene Gendlin was looking for a name for what it was he was doing in therapy, one of the ideas he had was: ReLiFo which means Relating, Listening and Focusing. I would like to use these words to describe Interactive Focusing. #

Janet Klein & Mary McGuire added 3 steps to focusing partnerships:

1. Double empathic moment, 2. Interactive response and 3. Relationship check. I will explain these briefly. #

We will do a paired exercise, so you can have a first-hand experience of what it is like to do Interactive Focusing. # I learned Interactive Focusing from Janet Klein, Mary McGuire and Masumi Maeda. #

Professional Portrait:

Tine Swyngedouw is a psychologist and experiential psychotherapist. She is a Focusing Trainer and Certifying Coordinator from Belgium. She offers focusing workshops and training to become a Focusing Trainer and/or Focusing-Oriented Therapist. She has a special interest in Inner Relationship Focusing, Interactive Focusing, Experiential Creative Work, TAE and Writing. www.EFocusing.be #

“Focusing in Health”

90 minutes § UP to 30 people

Abstract: Focusing in Health connects us to the energy of life, the source of flow, to joy, curiosity, daring, to our inner creative engine. #

There are times in life when we feel the flow, feel the connection to that inner source, and at other times we feel a reduction of energy, and the experience that we are stuck. #

My approach views the sense of vivacity and vigor as just as paramount to maintaining a healthy life as nutrition and exercise. #

What further reasons are there for this reduction of energy? #

* There are several reasons for this reduction of energy – fears, disappointments, situations wherein we are busy being defensive, overly alert, and evasive – all these things make us to shrink, and directly effects our physical and emotional state, as well as our health. #

* This is an inevitable process of life. We have the ability to “unclog blockages” in those energy channels and to stream our natural life energy back again into every single cell in our body. This is how one deals more successfully with whatever caused the contraction in the first place, allowing vivacity and vigor, builds stamina and strengthens the immune system. #

* My approach - Focusing in Health was born while working with people who had a sense of insufficiency in life, despair, great confusion, and frustration, People with dimmed eyes. They all had in common loss of Life Energy. Working with them consisted of a gentle process of looking for these lost fragments and gathering them back home. The results of this process encouraged me to try this approach with patients in a public hospital. While working at Sourasky Medical center I witnessed the favorable results of my approach. #

* When the container feels up with more Life Force, one can attend to the discomfort more readily. #

* In the workshop we will learn about my approach and look into case-studies from my work and have some hands-on experience. #

Professional Portrait:

Irit Tessel: B.A. in Hebrew literature and humanities science, Tel Aviv University, somatic experience studies, spokesperson of an academic college, focusing trainer. For the last nine years directing One on One process in a private clinic, five years of experience working in Sourasky Medical center, Ichilov Hospital, Center for Integrative Medicine. Teaching "Focusing in Health", lectures and workshop to foundation and medical staff. #

Small
Workshop

Antigoni Tsegeli (Greece)

"Deep Connection... Touch of Shiatsu, Focusing and Body-Mind"

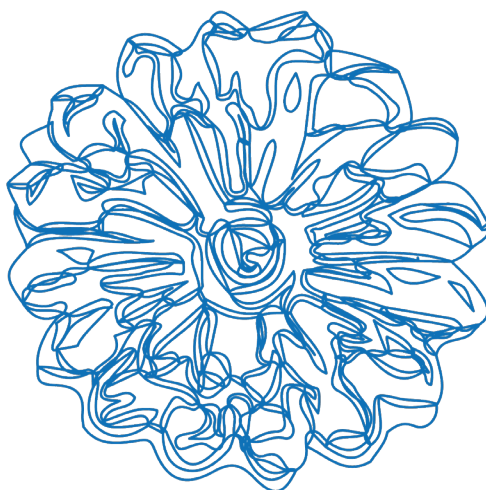
120 minutes § UP to 20 people

Abstract: I am practicing "Focusing as Life Skill", which has inspired me to integrate Focusing, together with Clean Language, into my Shiatsu Practice. The positive feedback received from clients, when using Focusing in my sessions, greatly encourages me to continue to explore even more ways to introduce Focusing into my Shiatsu practice. #

Shiatsu is a physical therapy that supports and strengthens the body's natural ability to heal and balance itself. It works on the whole person - not just with the physical body, but also with the psychological, emotional and spiritual aspects of being. In the practice of Shiatsu, a practitioner uses touch, comfortable pressure and manipulative techniques to adjust the body's physical structure and balance its energy flow. It is a deeply relaxing experience and regular treatments can alleviate stress and illness and maintain health and wellbeing. I am currently exploring the deep connection through Touch of Shiatsu, Focusing and Body-mind. The feedback I have received from tuning the process's of Shiatsu and Focusing together, has motivated me to want to demonstrate my experience so far, and has created a further intention to connect the focusing process with other body modalities. I sense that resonance happens on a multidimensional level in the entire body and that is healing... In my workshop I will demonstrate how this occurs by guiding the attendees in pairs through some simple Shiatsu techniques by using the hands on the body together with Focusing to experience how the interaction is between them. #

Professional Portrait:

Antigoni Tsegeli is authorised in Special Aesthetics and Dip. Shiatsu Practitioner. Since 1999, she uses her skills for Natural Wellness and body-mind balance. She is a teacher of complementary modalities and updates her skills on a regular basis both in Greece and abroad. She is President of The Hellenic Shiatsu Society. She is an instructor of personal development workshops through body-mind work and is devoted to human pain relief through the Hellenic Shiatsu society which offers on a voluntarily basis shiatsu sessions for free in hospitals and other social settings. Mobile 6972835105, www.satoriland.gr & info@satoriland.gr #



Facets of Focusing

Interest Groups

alphabetical order according to surname

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Interest
Group

Heidrun Essler (Germany)

“Children Focusing”

60 minutes § ANY number of people

Abstract: Challenges and chances to intergrate the adults into the work with children and adolescents and how to work with the whole system. #

Professional Portrait:

Heidrun Essler: I have been working in the field of communication and conflict with adults since 1989. Dealing with these issues I have been confronted with language and emotions over and over again. Whilst adults have to labor to bring out such issues children can learn to have immediate access to them – to welcome them and not call feeling their emotions a thing. # I have experienced the energy of the children connecting me to my own living forward energy on every occasion. # I am an academic speech trainer, Focusing teacher for adults and children and Certifying Coordinator and senior teacher of the International Focusing Institute New York (TIFI). #

Interest
Group

Hejo Feuerstein (Germany)

1. “Focusing-oriented / Experiential Coaching” and/or
2. “Experiential Approaches to Supervision”

60 minutes § ANY number of people

Abstract: 1. **Coaching** is now a widely used term to refer to counselling processes at the interface between person and professional life situations - e.g. coping with stress, conflict resolution, concept development, executive role demands... # We invite colleagues from all over Europe to share their experience with applying Experiential/Focusing-oriented procedures (individuals, groups). We plan to develop a program on Experiential coaching training, where European colleagues will function as workshop leaders, also with European wide web-based workshop units. # By now, there are already proposals about Experiential Decision Making, Experiential Concept Coaching (based on TAE) and Lifelines for the reflection of biographical aspects during career counselling. #

2. **Supervision** is an important offer to reflect processes within Focusing, Counseling and Psychotherapy, especially when we get stuck, feel clumsy, helpless, bored ... in the relationship with the client. There are Experiential methods and structures for creating a helpful, confidential supervision space. # * Participants bring in actual concerns about their own stuck processes, * offer their way to do supervision in an experiential way * may build a supervision group which can also function after the conference by web-based meetings. #

Professional Portrait:

Hejo Feuerstein (h.feuerstein@focusing.de) is a psychologist, psychotherapist, and Certifying Focusing Coordinator in Germany. Within his work at a University of Applied Sciences for Public Management he and colleagues developed an Experiential Approach to decision making, a program which is now to be evaluated. # After years of applying this approach in Coaching and Counseling there are some experiences of how people use their own belly/gut feelings within their daily decision making. There are questions arising if the daily use of something like felt sense is leading to really better decisions compared with “mere thinking”. Examples: Is “feels good: do it” and “feels bad: don’t do it” really appropriate? Or, if you are in a process of personnel selection: if you resonate with a good feel to one candidate, and with a murky to another one: should you select the one you feel good about in your belly? # Our recommendation: Explore and understand the meaning of a felt sense within the intricacy of a decision-making situation - and there will be many ways how to differentiate new options to feel good and congruent with the newly emerged options. And: Experiential methods can also be used to apply concepts out of mainstream decision-making research (e.g. Kahneman) work within counseling processes - following Gene Gendlin’s understanding: the Experiential approach is a method for using methods and concepts, also from other approaches. #

Interest Group	MEG (Maria Emanuela Galanti) (Italy)
“Philosophy of the implicit as a force for cultural and Social Change”	
60 minutes § ANY number of people	

Abstract: We will start with our personal meanings for the word “change” and with a report on what we have/have not been able to change in our personal lives and our circles from the moment we began with Focusing. If there is enough time, we shall go on to the question “how should our practices of Focusing and TAE change in order to bring about social and cultural change?” #

Professional Portrait:

MEG (Maria Emanuela Galanti) (1957) holds a Laurea Degree in Philosophy (1980) and a Laurea breve Degree in Psychology (2010) from the University “Sapienza” of Rome. She holds also a MA in Philosophy from SUNY/Buffalo (1987). She is Counsellor (2010, Transactional Analysis Approach) and Focusing Trainer (2014). Her main theoretical contribution to Focusing is “Carrying Focusing forward and bottom up”, The Folio, 2015 (pp. 24-33). In the webinars “CoraLggiosamente Parlando”, she applies Focusing to the prevention of VAW (violence against women). She can be reached at meg.benessere@gmail.com, and through her Facebook page. #

Interest Group	Mia Leijssen, PhD (Belgium)
“Living forward in human life and beyond”	
60+ minutes x 2 days § UP to 16 people	

Abstract: When I look back on my career as a Focusing psychotherapist and teacher, I’m aware that Focusing deeply influenced my work, and, even more, that it has become part of how I live, what I believe, what I consider as development, what I experience as my connection and opening to nature and the entire spiritual field. The core/essence of all this feels as my awareness of the living forward energy that gives direction to human life, everything in nature, everything in the universe. #

Now that I am growing older, I’m even more intrigued by the deep meaning of the ‘living forward’ principle - I have a sense that it might be the Spirit; I experience it as the creative force in my life and in the universe; sometimes I’m in touch with a potential that goes far beyond any theories we might hold. #

What I would like to do at this conference is to hold a space where we can focus and reflect on: what does ‘living forward’ mean in our life? And, going on from this: do we experience living forward beyond our physical being? #

I see my role in this process as the holder of a safe space, the facilitator of the sharing, the keeper of the Focusing flame. I would like to sit together with ‘peers’ and explore ‘living forward’ starting from our bodily felt wisdom. Every participant can bring in ideas or questions we can focus on, or suggest exercises to help us address the theme. I hope we can share and develop our experience of living forward in a focusing way and enjoy a valuable opportunity for all of us in considering our own living forward. It is recommended that participants of this group have heard the lecture ‘Living forward’ on the first day of the conference. #

Professional Portrait:

Mia Leijssen, PhD Professor Em. Clinical Psychology and Psychotherapy | University of Leuven. Experiential Psychotherapist and Focusing Teacher since 1981. In 2016 she developed a Massive Open Online Course: Existential Well-being Counseling: A Person-centered Experiential Approach. Until now 40 000 participants enrolled in this international ‘free of charge’ course. #

<https://www.edx.org/course/existential-well-being-counseling-person-kuleuvenx-ewbcx> #

“Focusing and Hiking” (Focusing und Wandern, Focusing et randonnée)**2-3 hours** § **ANY number of people - Afternoon (Friday or Sunday) (special event/group)***(English-, German- and French-speaking persons are welcome)*

Abstract: While hiking, we can experience ourselves in strong resonance with ourselves and the environment. # - The rhythmic pace, smooth and quiet movement stimulates self-perception. # - Our mental state (Befindlichkeit) is affected by external impressions, by the landscape, smells and sounds. # - We oscillate playfully between external perception and internal resonance and experience new meanings about ourselves and our being in the world. # On a 2 to 3 hour afternoon hike up to one of the Monasteries over Loutraki we experience how walking in a Focusing attitude can give us an intense experience. # Bring good shoes, water and some food, and your openness to a great new experience. #

Professional Portrait:

Hanspeter Mühlethaler Ph.D. in Physics, Certified Focusing Professional TIFI. His interests are mainly the philosophical practices based on Focusing and Gendlin's Philosophy. He trains Thinking at the Edge (TAE) and offers guided mountain-hikes combined with Focusing. From Focusing and TAE he learned a new personal approach to art and music. #

“Focusing Teachers' group”**60 minutes** § **UP to 20 people (started at Padova)**

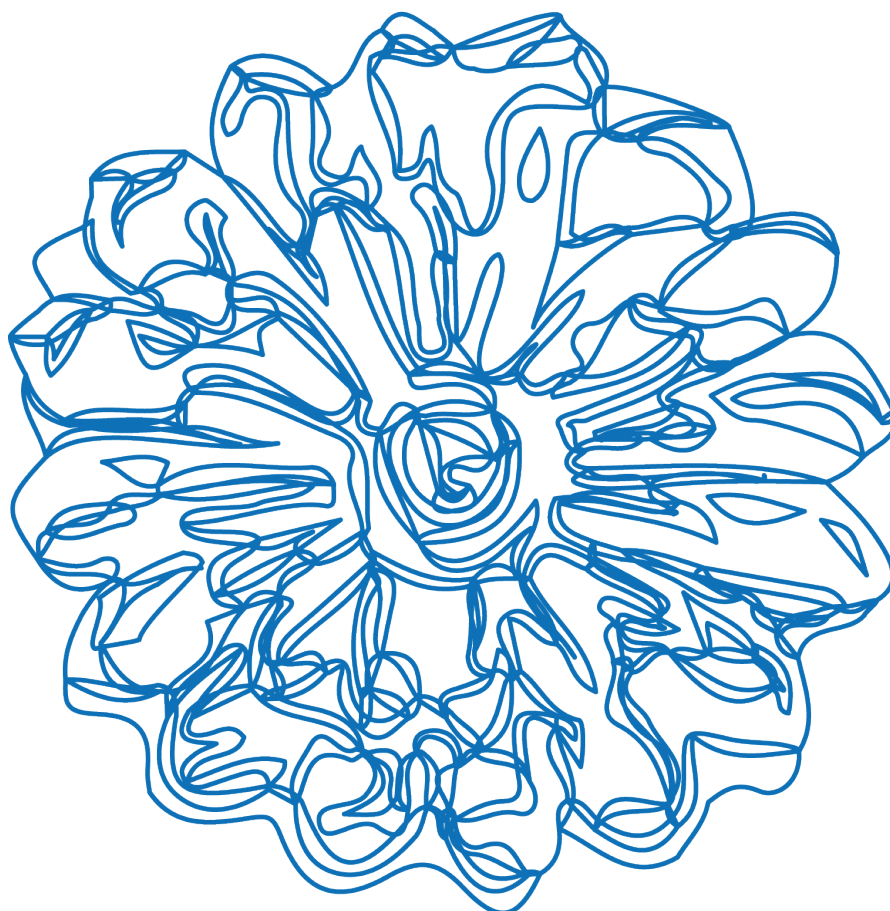
Abstract: The Focusing Teachers' interest group started in Padova during the EFA meeting 2017, and is open to anyone who is teaching Focusing or wanting to teach Focusing to either groups or individuals. We feel we are first growing our identity, and finding our spirit. We are working with this process of discovering and establishing our own identity as a Teachers group in an integrative way, with the Focusing attitude. We will find out together who we are, and what we need, and what we can co-create. We are discovering what is fresh and new: the essence and feeling of being European-connected. # If you join this group you can explore what is most important to you about Focusing that you want to teach. And you can learn how others are teaching crucial attitudes and methods. #

Professional Portrait:

Fiona Parr I work full time teaching Focusing individually and to small groups, in person and online. I work in the South West of England, and I occasionally travel to other areas to teach, including to a Presence oriented Psychotherapy training in Pune, India. I teach Focusing as a certificated course in 5 weekends, usually over about 6 months. I also use Zoom to teach small groups as a weekly class, with monthly breaks for practise and integration. # I am a certifying Co-ordinator and I have a professional training programme mentoring people individually and in groups for their certification as Focusing professional. # I offer Focusing sessions alongside my therapy practice, and I have longterm Focusing people, as well as people who come for ad hoc Focusing sessions. # As well as teaching Focusing, I also work as a counsellor and therapist. #

(About) Open Space & Interest Groups**On the first evening**

of the conference an ‘**Open Space**’ will be facilitated where participants are invited to join with others in freshly-formed ‘**Interest Groups**’. # Time slots have been made available throughout the conference for these ‘interest groups’ to **continue** to meet and **new groups** may form as the conference unfolds. #



Facets of Focusing

<http://efa2018.weebly.com>

1st EUROPEAN FOCUSING CONFERENCE

May 10-14, 2018 - Loutraki, Greece

European Focusing Association - EFA

<http://efa-focusing.eu>

efa@efa-focusing.eu

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(alphabetical order by surname)

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Hejo Feuerstein

Anna Karali

Nikolaos Kypriotakis

Judy Moore

Dimitris Portokalis

Pavlos Zarogiannis

Support

Tilemahos Katsigiannis

Eleftheria Vlahou

George Tsatsas

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