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FOCUSING-ORIENTED PSYCHOTHERAPIES SECOND WORLD CONFERENCE LIVING THE PRACTICE



NOVEMBER 10 – 13, 2011
PRE-CONFERENCE NOVEMBER 9 – 10

Stony Point Center
Stony Point, New York

The Focusing Institute
PO Box 539 Spring Valley, NY 10977
845-362-5222

For more information or to register:
www.focusing.org/fopconf

We warmly invite all psychotherapists and counselors to attend this second World Conference on Focusing-Oriented Psychotherapies. The conference will take place on November 10th – 13th, 2011, with pre-conference workshops on November 9th (afternoon) and November 10th (morning). The conference will take place at Stony Point Center, Stony Point, NY www.stonypointcenter.org. CEUs for social workers and CEs for psychologists will be available.

WHAT IS FOCUSING-ORIENTED PSYCHOTHERAPY?

Focusing-Oriented Psychotherapy (FOT) is an emerging family of experiential psychotherapies based on the pioneering work of Eugene Gendlin. In empirical studies, Gendlin and colleagues found that clients who succeeded in therapy were those who regularly paused and listened inwardly to a murky 'felt sense' of their situation, found beneath known feelings and thoughts. This process, which Gendlin named Focusing, is now considered to be the crux of therapeutic change and forward movement in psychotherapy.

The Focusing-Oriented psychotherapist learns many ways to facilitate the Focusing process and works with a range of therapeutic issues such as medical illness, personality disorders, anxiety, and crisis. One of the strengths of Focusing-Oriented Psychotherapy is that it can be integrated with other therapeutic approaches because it opens up each method's potential. For example, FOT has been integrated with brief, solution-focused therapy, family systems, psychoanalysis, dream work, body work, and existential therapies. Focusing represents a significant advance in psychotherapy and has earned Gendlin three awards for his work from The American Psychological Association.

Please join us in celebrating the richness of Focusing as it has been creatively integrated into the diverse way we practice psychotherapy across the globe. At this exciting international gathering, we will be learning, reflecting, cross-fertilizing, co-mentoring, and enjoying the company of new and old colleagues.

There will be intensive morning study groups, many shorter presentations in the afternoons, and opportunities for Focusing partnerships, peer supervision and time for fun each evening.

www.focusing.org/fopconf

STONY POINT is nestled in the Lower Hudson River Valley 45 minutes outside New York City. Transportation can be arranged from the airports.

PRE-CONFERENCE WORKSHOPS You can choose one of the four pre-conference workshops which will take place Wednesday November 9th: 2:30 PM – 5:30 PM and Thursday November 10th: 9:00 AM – 12:00 PM. Or you can choose one of the two pre-conference workshops offered on Thursday morning only.

THE CONFERENCE begins Thursday afternoon with presentations from 1:30 PM - 3:00 PM and 3:30 PM to 5:00 PM. Afternoon presentations of 90 minutes each will continue on Friday and Saturday. The conference ends at 2:30 PM on Sunday.

REGISTRATION will be open from 1:00 PM - 2:00 PM on Wednesday for pre-conference attendees and from 12:00 PM - 6:00 PM on Thursday.

EACH EVENING will be a chance for more informal connections, including an opening ceremony honoring our participants from around the world; wine and cheese gatherings; a coffee house in which we will express our talents in music, poetry and short prose pieces; and a dance where we will kick up our heels. Plus this year we are inaugurating an ongoing art show of participants' work, with a silent auction to benefit The Focusing Institute.

ON FRIDAY AFTERNOON we will host a panel discussion entitled: One Process, Many Avenues: Therapeutic Paths for Carrying Forward in FOT.

STUDY GROUPS Before arriving, you will be asked to choose one of nine morning study groups that will allow for a more ongoing interactional experience. The study groups begin on Friday morning, and meet on Saturday and Sunday mornings. You will be asked to select your first and second choice.

ON SUNDAY MORNING we hope to have Gene Gendlin address the conference.

Last conference in '09 filled to capacity, so please register early to join us for this important fulfilling and fun event that occurs only every two years!

If you are a psychotherapist or counselor new to Focusing, there will be a Level One training designed for you.

PRE-CONFERENCE WORKSHOPS

WEDNESDAY AFTERNOON



Bringing The Relationship Into Your Focusing Practice: Central to Gendlin's philosophy is the nurturing of an authentic responsiveness in both therapist and client as they co-create their relationship. Using concepts from the focusing-oriented relational psychotherapy program, this workshop will help you to find your own way of sharing a felt-sensed perspective to deepen the relational engagement with your clients in the moment and over time. *Joan Lavender, PsyD*

Integrating Focusing-Oriented Art Therapy (FOAT) Into Your Practice: In this workshop you will learn the fundamental theory and approaches of focusing-oriented art therapy (FOAT). This workshop is useful for therapists and other practitioners who are interested in learning how to integrate art therapy into their work with clients and/or expand their own creative expression with focusing. *Laury Rappaport, PhD, ATR-BC*



Wholebody Focusing-Oriented Approach to Working With Trauma: Using demonstrations and experiential practice, participants will explore the principles of co-presencing and wholebody awareness as potent resources for working with trauma. Wholebody focusing-oriented therapy is a profoundly relational practice that uses the power of bodily consciousness to support lasting change and healing. *Karen Whalen, PhD*



Writing Our Stories: Finding Our Voice: Everyone has a story that is worth telling. Taking the leap to express them in writing can bring surprising insights, perspectives and an appreciation of what is uniquely ours. Engaging our felt senses and hearts, we will explore how memoir writing can illuminate our lives and our work. *Susan Rudnick, LCSW*



THURSDAY MORNING



A Focusing-Oriented Approach to Couples Therapy: This workshop demonstrates how focusing applied to couples therapy can complement the work you are already doing. Dynamics between the couple are often a reflection of

dynamics within each of the two individuals. Helping couples stay connected to themselves can interrupt the cycle of blame, defensiveness, and attack. *John Amodeo, PhD, MFT*

Focusing-Oriented Supervision: Negotiating The Implicit And Explicit Focusing-Oriented Supervision: Explores the rich territories and textures of the therapist-client relationship both for what is implicit and explicit. Often we have to attend to the content of a session, yet we can make room for the wider intricacy, a more intricate order. I will present a model for supervision that asks supervisors to attend to both, though unequally and responsively. *Kevin C. Krycka, PsyD*



MORNING STUDY GROUPS



Introduction to Focusing: Our three mornings will offer practitioners new to Focusing, a basic understanding and experience of "felt sensing" and the kind of symbolizing that comes from it. We will demonstrate and discuss the experiential Focusing process that is now considered to be the crux of therapeutic change and forward movement in psychotherapy. *Charlotte Howorth, LCSW, and Ruth Rosenblum, LCSW*



Experiential Theory to the Rescue: Harnessing the Momentum of Powerful Therapeutic Ideas for Powerless Clinical Moments We will focus on and experiment with dynamic therapeutic ideas that can guide and inspire us through the tumultuous storms and disheartening impasses we encounter in our work. *Lynn Preston, MA, MS*



Is it Possible to Put Nothing In-Between? Exploring Gendlin's Plea to be Fully Present to the Client without Theory, Technique, or Expertise Getting in The Way: Greg Madison attempts to work as a Focusing-Oriented Therapist from the spirit of an existential-phenomenological perspective, consistent with Gendlin's words in "The Small Steps of the Therapy Process..." which attempts to avoid theoretical assumptions, diagnosis, and techniques. But is this possible? Experiential exercises, demonstrations, and examples from participants will deepen our questions about what it means to practice as a Focusing Therapist. *Greg Madison, PhD*

STUDY GROUPS

The Sacred Art of Psychotherapy: Spiritual Gateways for Therapist and Client: When we bring presence, compassion, and gratitude to the psychotherapy process, we embark on a sacred journey of wholeness and transformation. Together we will discover how Focusing creates natural gateways to the spiritual, and how insights from positive psychology and spiritual traditions can transform and enliven our work. *Joan Klagsbrun, Ph.D.*



On Three Modes of Focusing in Therapy: Sometimes, clients need to be introduced to Focusing in a subtle way. I will teach three different modalities, with distinctive characteristics: teaching Focusing, Listening and the nature of our explicit-implicit dimensions of experience to clients; the significance and use of art and symbolization in Focusing; the use of Clearing a Space combined with other methods of bodywork or meditation. Participants are asked to bring a set of color pencils, glue, scissors, and four or five magazines with a lot of pictures. *Akira Ikemi, PhD*

Journey Through the Interactive Model: How to Hear and be Heard: The Interactive Model is a profound therapeutic tool providing a safe structure for both hearing and getting heard – especially in areas of conflict and disagreement. Through demonstration, feedback and practice you will learn to help clients enhance communication, openness, and safety in all relationships: couples, friends, children, and colleagues. *Bala Jaison, PhD and Mary McGuire, PsyD*



Transformational Focusing: A Wholebody/Spiritbody Integration: Transformational Focusing is an experiential process of deep change, evoked through the power of Co-Presencing, a field of shared experiencing that enables us to access the wisdom of the Wholebody /Spiritbody. From this new space, we will explore how we creatively utilize the power of Co-Presencing within a psychotherapy process. *Doralee Grindler Katonah, PsyD, MDiv. Glenn Fleisch, PhD, MFT*

Into the Fear-Factory: Connecting with the Traumatic Core: As a part of the dissociative process, the human being generates persisting anxiety on top of the original anxiety that relates to the traumatic core. Therapeutic avenues to deal with that complexity will be discussed. This will be facilitated by case descriptions of the therapeutic process of severely traumatized adolescents. *Bart Santen*



Dream Appreciation in Small Groups and Individual Therapy: Gendlin's work shows us that the authority for 'interpreting' rests with the dreamer's living, felt sensing, bodily responsiveness. Focusing supports the dreamer at a very deep level with her own expertise in allowing resonant meaning to unfold, using the rich metaphorical images and stories from dreams as a starting point. *Janet Pfunder*

AFTERNOON PRESENTATIONS INCLUDE

- Adding Couples/Families to Your FOT Practice - *Dave Young, LCSW*
- Applying Focusing to Couples Therapy - *John Amodeo, PhD, MFT*
- Alba Emoting™: A new tool for increasing awareness and modulating emotional arousal - *Juan Pablo Kalawaski*
- The Challenges & Opportunities of Integrating Focusing into One's Own Approach to Psychotherapy - *Barbara Danish, MA, LCT*
- Developing a Self-Help Manual of Focusing for Therapists - *Tomoko Hirano, M.A and Akira Ikemi, Ph.D*
- The development of Focusing-Oriented Psychotherapy and Thinking At The Edge in Far East - *Kumie Osako, Satoko Tokumaru, Tadayuki Murasato, Yasuhiro Suetake*
- 'Dynamic Image' and 'Local Images' and their contribution to the therapeutic process - *Galia Porat, MA and Liora Bar-Natan, MA*
- The Experience of Beauty in Focusing-Oriented Psychotherapy - *Robin Kappy, LCSW*
- Experiential Dream Appreciation Group: Crossing the Practices of Eugene Gendlin and Montague Ullman - *Janet Pfunder*
- Experiential Theory to the Rescue: Harnessing the Momentum of Powerful Therapeutic Ideas for Powerless Clinical Moment - *Lynn Preston, MA, MS*
- Facilitating Self-in-Presence: Using Language and Embodiment to Help Clients Be Their Larger Selves - *Ann Weiser Cornell, PhD*
- A Focusing-Oriented Approach to Occupational Health Workers - *Akiko Doi, PhD*
- Focusing and Internal Family Systems (IFS): A Powerful Therapeutic Duo - *Susan Lennox, PhD*
- Focusing Fun: A Fresh Approach to Working with Children - *Lori Ketover, LMSW*
- Focus on Focusing: How a Therapist's Use of Her Felt Sense Facilitated Movement in a Challenging Clinical Case - *Lois Greifer, PhD*
- Focusing and the Figure "KOL-BE": My Inner Voice / My Inner Being - *Atsmaout Perlstein, PhD*
- Focusing with Zen Stories to Sense Into Inner Wisdom - *Anna Christensen, LCSW*