

Dana Ganihar (MSc): My history with Focusing

Focusing teaching and activities:

2006-2016:

- Teaching with Ram Eisenberg, a landscape architect, an academic course named “Focusing in the Studio” in the Architecture department at the Technion- Israel Institute of Technology.
- Developing a Felt-reading process of the APM (A Process Model) which I teach to different focusers groups all over Israel.
- Establishing a Focusing center in the Upper Galilee.
- Establishing and teaching a three years focusing certification program in the Israeli Mind-body center in central Israel.
- Establishing and teaching a two years focusing certification program in the Faculty of Social Welfare & Health Sciences, Haifa University.
- Teaching Focusing in the program for Holistic Approaches in Therapy, school of Education, University of Haifa.
- Teaching shorter Focusing courses for different professionals, for example educational psychologists, state attorneys, teachers, doctors, coaches.
- Nowadays I’m also in the process of writing a book about APM, with the intention to help people find its depth and far-reaching importance.

Focusing studies:

2002-2004: certified as Focusing trainer by Ann Weiser Cornell, New York.

2004-2006: certified as Focusing Coordinator by Ann Weiser Cornell.

2004 to 2014: Reading A Process Model 4 times, with Rob Parker and Neil Dunaetz.

2007-2008: TAE with Nada Lou, level 1-3.

2009: Macroshifting with Robert Lee.

2010: Whole Body Focusing with Glenn Fleisher.

2014: Applied TAE with Evelyn Pross.

2014: I gratefully released myself from the coordinator role, after realizing that from now on I prefer to have focusing spread and diverge by me not via a certification structure.

Focusing publications in English:

A Process Model Scientist: What Does it Really Mean in Practice, The Folio, Volume 23, Number 1, 2012. FOCUSING, RESEARCH, AND CONTEMPORARY SCIENCE.

Let Your Body Interpret the Text, How To Read (Gendlin) Experientially. THE FOCUSING CONNECTION, MAY 2009.

Whole Situation Focusing: Focusing On More Than “Me”, THE FOCUSING CONNECTION, March 2009.