

Focusing One Objectives

- Describe the history and research behind Focusing.
- List the 6 steps of focusing
- Demonstrate how to make contact with and experience one's own felt sense.
- Demonstrate how to open up one's own felt sense using symbolization be in the form of words, images, and gestures.
- List and demonstrate the ways a clinician can help a client do the same.
- Describe and demonstrate how to make one's felt sense experience into a 'something' i.e. something deeply angry and sad.
- Demonstrate and list how to help a client make their experience into a 'something'.
- Describe and demonstrate how to guide one's self internally to open a felt sense by finding the right distance from the experience and keeping it company with an open and gentle attitude.
- Demonstrate and describe how to help a client find the right distance from their experience and keep it company with an open and gentle attitude.
- Describe and demonstrate how to cultivate an open curious attitude to both one's own, and the client's felt experience.

References

Rome, D. I. (2014). In *Your Body Knows The Answer*. Boston & London: Shambhala.

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Madison, G. (Ed.) (2014). *Theory and Practice of Focusing-Oriented Psychotherapy: Beyond the Talking Cure*. London and Philadelphia: Jessica Kingsley Publishers.