



# FOCUSING INSTITUTE SUMMER SCHOOL

August 20-26, 2010  
Garrison Institute  
Garrison, New York

WITH  
Eugene Gendlin  
  
Mary  
Armstrong  
  
Ann Weiser  
Cornell  
  
Nada Lou  
  
Kevin  
McEvenue  
  
René Veugelers

## FOCUSING IS...

Imagine yourself developing an “emotional muscle” to deal with difficult situations that consist of fear, stress and frustration. Imagine yourself becoming your own best friend feeling safe and at home within yourself. By learning Focusing and making it part of your daily living, you dip into the implicit treasures of your body wisdom. Thus, you become a leader who chooses the right next step in challenging times.

Focusing comes from the pioneering work of philosopher and psychologist Eugene Gendlin at the University of Chicago. He studied why some psychotherapy clients improved while many others did not. It was found that successful therapy was not determined by the therapist's technique, orientation or the kind of problem being discussed. What did make a difference was what the client was doing internally. Successful clients were regularly checking inside themselves for a whole bodily felt sense of their situation.

In the years since Gendlin's first research, the use of Focusing has become a worldwide movement, with Focusing teachers and Focusing-oriented therapists in over 40 countries. People have used Focusing to deepen psychotherapy and personal growth, to enhance creativity and decision-making, to develop new ideas and theories in every conceivable field, to combine with bodywork and movement, and to enable us to connect and interrelate with others in more satisfying ways.

*“This was an amazing experience... the teachers, the peaceful setting, the food... everything was great. I never knew there was so much to Focusing. I feel my life has been transformed.”*



For more information about Focusing, the Focusing Institute, and this Summer School, or to register online:

The Focusing Institute  
34 East Lane  
Spring Valley NY 10977  
phone: 1-845-362-5222  
fax: 845-704-0461  
see [www.focusing.org/FISS](http://www.focusing.org/FISS)  
[info@focusing.org](mailto:info@focusing.org)

## THE VISION

Ordinarily you'd have to travel around the world to study with these six master Focusing teachers... but this week they're going to be all in one place, creating an opportunity for going in depth with Focusing and many of its special applications: to children, to aging, to thinking, to dreams, to psychotherapy, to spirituality, to personal growth, and much much more! New to Focusing? You're welcome too!

You'll be able to immerse yourself in the company of one teacher and sample all six... make it a time of intensive study or more like a holiday with lots of play and fun... and you'll be in a warm and connected community of Focusing people from all over the world. The Garrison Institute is a stately former monastery now used for meditation retreats. The food is fabulous, healthy and delicious... and there is WiFi in the lounges.

The Summer School is appropriate for anyone, at all levels of Focusing, from beginners to Focusing teachers, for both personal and professional development. Bring a friend! When you register at the same time as your friend, you both get a discount. If you're a beginner (or just feel like one!), there will be opportunities for extra training and support all through the week.

We'll have Gene Gendlin with us for just one day, so we won't schedule anything else when he's with us. The other five teachers will each offer one five-morning course so they can go in-depth... and will each offer the same topic in an afternoon session, so you don't have to miss anyone. The teachers will also offer other topics and special workshops in the afternoons and evenings. All the workshops will be experiential and will include some or all of the following: play, creativity, community-building, and interaction. And of course lots of Focusing! (*See the course descriptions on the other side.*)

## DETAILS

### LOCATION

Situated in the historic Hudson Highlands overlooking the Hudson River, the Garrison Institute occupies a large, newly-renovated monastery surrounded by tranquil forests and fields.

### DATES & TIMES

We'll start with dinner on the evening of Friday, August 20, and finish with lunch on Thursday, August 26. There will be morning, afternoon, and evening sessions.

There will be an optional “Introduction to Focusing and the World of Focusing” on Friday, August 20 from 3:00 to 5:30 PM, taught by the whole faculty. Do join us at no extra charge.

### FEES

Until January 31:  
\$695 plus room and board  
February 1 to June 21:  
\$720 plus room and board  
After June 21:  
\$795 plus room and board

**Special Discounts:** When two people register together, each person's fee is reduced by \$50 (combined savings of \$100).

Focusing Institute Members who have paid their 2010 dues get \$25 off the tuition price.

\$150 administrative fee for cancellation. After June 21 all fees are nonrefundable except in unavoidable emergency.

### ROOM & BOARD

The room and board fee is payable on or before June 21, and depends on your choice of single, double, or dorm-style room. \$780 single, \$660 double and \$540 dorm-style, for the six days and nights.

### TRANSPORTATION

Garrison Institute is 50 miles north of New York City by car, and just over an hour from Grand Central station in New York City by commuter train. You'll receive directions for driving or arriving by plane and train when you register.

### LANGUAGE

All workshops will be taught in English. A person attending in order to translate may receive some or all fees reduced depending on the number of people needing translation.

**Eugene Gendlin** has been honored three times by the American Psychological Association for his development of Experiential Psychotherapy. He is internationally recognized as a major American philosopher and psychologist. His book, *Focusing*, has sold over 500,000 copies and is in seventeen languages. He's also a warm brilliant man who lights up a room with the quality of his listening.



**Mary Armstrong** is a Focusing Oriented Psychotherapist. As the founder/director of the Centre for Focusing in Toronto, she led Focusing retreats which became known as safe, respectful settings for learning and growth. She has joined with Judy Steed in presenting Soul Spa Retreats. **Judy Steed** is a journalist, author, yoga and Pilates instructor. Soul Spa grew out of her Atkinson Fellowship in Public Policy, which enabled her to spend one year studying aging around the world.



**Ann Weiser Cornell** is the author of *The Power of Focusing*, and *The Radical Acceptance of Everything*. She has been teaching Focusing around the world since 1980, and has a special interest in making the Focusing process clear and accessible. Ann is well known in the Focusing world for her attention to facilitative language, her popular manuals, and her co-creation with Barbara McGavin of *Treasure Maps to the Soul*.



**Nada Lou** teaches Focusing, TAE and philosophy courses. She is also an artistic communicator who has created many Focusing-related DVDs. (Clips are accessible on YouTube.) After co-presenting TAE with Dr. Gendlin, she took her teaching around the world. She wrote "Grassroots Introduction Manual to TAE" as a tool for people who are interested in developing this practice. She also trains Focusing/TAE and Trainers who wish to become Coordinators.



**Kevin McEvenue** is internationally known for his development of Wholebody Focusing, bringing together the essential elements of the Alexander technique and the Focusing process with his own unique genius. He discovered that beneath our conditioned and unconscious patterns of being, thinking and moving, lies an inner wellspring of intelligence and vitality that knows how to unwind our stress and traumas and complete (move forward) our unfinished life situations.



**René Veugeliers** is a psychiatric nurse and art therapist who works with children and teenagers, specializing in non-verbal communication. As a Focusing Trainer and Coordinator for Children's Focusing he teaches parents, therapists, teachers and others how to be with children in a Focusing way. René lives in Holland and has taught internationally. He is an enthusiastic and inspiring teacher, who brings his experience, subtlety and joy to every training and workshop.



For more in-depth course descriptions, and a list of the other afternoon topics, see [www.focusing.org/FISS](http://www.focusing.org/FISS)

**Mary Armstrong and Judy Steed: Soul Spa**

Astounding new brain research shows that the brain continues to grow and change as we age, that we can learn new skills and techniques to improve cognitive function, reduce stress, and enhance the aging process. Using Focusing, Soul Spa teaches participants how to incorporate new practices into daily life now, to support brain plasticity, good mental and physical health, and to develop a stress-free, peaceful spirit at this stage of our lives. In this fun and interactive class, you will learn from and inspire each other, identify stressors in your life and share your insights. You'll take home action steps to shape daily life, to find meaning and purpose, joy and clarity as you grow older.

**Ann Weiser Cornell: Radical Gentleness: Shifting Your Relationship with Inner Critics**

You can shift your relationship with inner critical voices that tell you you're no good, or that something terrible is going to happen – the experience of being under attack from inside. Life can become calmer and sweeter, back on track with your true purpose. You'll learn three surprising truths about these inner critical voices -- so they'll never again be as undermining or as damaging to your self-worth. You'll learn the three typical ways that parts of us react to being criticized (collapsing, rebelling, and escaping) and you'll discover how to step away from being reactive and not feel criticized at all, no matter what that inner voice says.

**Nada Lou: The Nature of TAE - Thinking at the Edge in Motion**

Thinking from the felt sense is different from what we usually understand by thinking. This new practice is called "Thinking at the Edge" (TAE). Imagine developing new ideas that can change the way people look at the world. It comes to you at that magical edge of awareness where you know something that has no words yet. TAE movements help you to think and speak from your own experience – ideas that are right there, inside you. The skills from this workshop can be used in many different areas of life: personal development, business meetings, professional proposals, creative writing, family interaction, public speaking, educational events, negotiation skills, mediation, and in endless other ways.

**Kevin McEvenue: Wholebody Focusing: Discover the Power of Awareness in the Felt Sense of Grounded Presence**

Wholebody Focusing is a natural process that invites the power of conscious awareness to awaken a dynamic inner wisdom, a knowing that is at the heart of every one of us. This bodily awakening to consciousness is experienced as an inner-directed movement that is purposeful and intentional, as though the body itself has a mind of its own. In this workshop you will receive an in-depth experience of Wholebody Focusing in its four key elements, and training in how to apply these elements as life skills in everyday living.

**René Veugeliers: Being Seriously Playful: Focusing with Children**

Working with children or teenagers in a Focusing way is also about contacting the vitality and life energy in each one of us. We'll experience and practice the attuning and empathy that enables us to connect with a child's deeper needs and story. This allows the child's sense of core self to emerge. Using games and art materials, we'll also come into a deeper contact with our own inner child energy. We'll go home with a richness of skills that we can bring to our work with children, groups, parents and teachers.

REGISTRATION

**Yes! Please reserve my space in the Focusing Institute Summer School, August 20-26, 2010.**

**Before January 31:**

I enclose my registration fee of \$695 and have indicated my room & board choice below (payment for room & board is due by June 21).

**February 1 - June 21:**

I enclose my registration fee of \$720 and have indicated my room & board choice below (payment for room & board is due by June 21).

**After June 21:**

I enclose my registration fee of \$795 plus payment in full for my room and board as indicated below.

**Room & Board (indicate choice):**

Dorm-style: \$540  Double: \$660  Single: \$780

I am registering a second person at the same time and have attached their registration form. Please apply the discount of \$50 per person.

I have paid my 2010 Focusing Institute membership dues. Please apply the \$25 discount.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 \_\_\_\_\_  
 Phone(s) \_\_\_\_\_  
 Email \_\_\_\_\_

I enclose a check made payable to The Focusing Institute  
 I authorize payment on my Visa, MasterCard, American Express, or Discover Card:

Card Number \_\_\_\_\_  
 Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_

Please Note: There is a \$150 administrative fee for cancellation. After June 21 all fees are nonrefundable except in unavoidable emergency.

Send this form or a copy to:  
 The Focusing Institute, 34 East Lane, Spring Valley NY 10977  
 or call 845-362-5222 or fax 845-704-0461  
 or register online: [www.focusing.org/FISS](http://www.focusing.org/FISS)