

## LETTER FROM THE EDITORS

We could say that the inception of Focusing began in 1953 when a philosophy major, Eugene T. Gendlin, walked into the waiting room at the Counseling Center at the University of Chicago and signed out some academic papers that the staff members were writing on the Center's innovative and quite controversial approach which they called 'non-directive psychotherapy.' As he read, he began to see how his philosophical research regarding the way people symbolize their experience could *cross* with the evolving theories of these psychologists and provide them with a new, more elegant and effective way of talking about and practicing psychotherapy. The ongoing collaboration between Gendlin and the Center's director, Carl Rogers, involved innumerable crossings and re-crossings which resulted in a revolution about how people think about psychotherapy—and philosophy. Eventually, Gendlin, continuing his *deeper look into the phenomenon of crossings*, developed yet more revolutionary practices such as Thinking at the Edge and the Process Model.

For years Gendlin urged us to experiment with combining Focusing with other formal practices—as well as with everyday activities—in order to deepen the understanding of our experiences. Those who followed his advice often reported on the amazing ability of Focusing to integrate with many different philosophical, spiritual, educational, therapeutic, and aesthetic movements, opening unexpected and fresh perspectives. Workshops at the International and FOT Conferences, posts on the Discussion List, the teaching of *crossing steps* in TAE, and even earlier articles in *The Folio* revealed the diverse applications of these combinations.

This year, in response to our invitation to the community for suggestions about a possible theme for the 2014 Folio, many respondents wrote that they were interested in learning more about the familiar Focusing term: *crossing*. Some were interested in hearing about out-of-the-ordinary *crossings* and a few wanted to know more about the phenomenological experiences of the people involved in *crossing* Focusing with...

- What motivated them to initiate the crossing? Personal curiosity? A sense of something missing in the other activity? A wanting to stretch the boundaries of Focusing? A pressing intellectual, emotional, physical, professional need?
- What was the felt sense before, during and after the crossing experiment?
- Which parts of Focusing seemed to blend easily? Or with difficulty?
- Which parts didn't seem to cross at all? How did they experience these successes and failures? What new things did they learn about Focusing? What was the felt sense about those discoveries?
- How did they go about putting these crossings into practice? Into the Focusing community? Into other communities? (health care, business, the arts, education —the list is endless...) How did they experience their public presentation? Positively because

their ideas were enthusiastically accepted? Negatively because they were misunderstood, misinterpreted, ignored? What was the felt sense of *all that...?*

- Did people in...(innumerable fields) want to learn more about Focusing? Did their journals discuss Focusing and...? Did the Focusers write for their journals or speak at their conferences? Why or why not?
- Could they describe any new insights gained about the phenomenon of integrating two unique activities?

We, ourselves, were intrigued by these questions, and so we put out a Call for Proposals asking potential authors to self-reflect on their own process in order for our readers to more clearly understand the underlying dynamics of ‘*crossings*’—and also—to more clearly understand those qualities of Focusing that allow the Focusing-process to be combined and integrated with other practices.

Hence, this issue provides our readers with some amazing explorations about the *deeper look* into what these authors discovered about the effects of their successful *crossings* in terms of the impact on their personal development. We think you will find their interior journeys and creative adventures inspirational, touching, delightful, moving, and often amusing—and we hope you will become emboldened to launch your very own *crossings* of Focusing with one of your own particular passions.

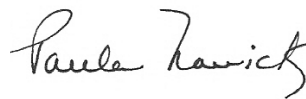
As the saying goes, “The rest is history”...so many in our community have *crossed* Focusing with such a myriad of topics, and the more we read, the more possibilities there seem to be...So, it is with great pleasure that we now offer you this Folio on, ***Focusing And...Crossings and Integrations***.

And, *cross* our hearts, we hope you enjoy reading the following articles as much as we did!

With regards from your Editors,



Bala Jaison, Ph.D.



Paula Nowick, Ed. D.