



Janet Klein Recipients Maria and Xiaofang

Guadalajara, Jalisco, México, October 27, 2017

Dear all,

After a week participating in the weeklong in Madison, I feel extremely honored and deeply grateful for having received the scholarship that allowed me to attend an event that reminded me more vividly that I am part of a broader, richer and larger community ... the International community of Focusers. Thank you for promoting in a more personal way the connection in diversity!

Without the scholarship, my participation would not have been possible since our family budget couldn't make it.

I carry in my heart the new bonds and friendships of people who enrich the Institute with their spirit, history, practice and culture. I also take with me all the meeting points rooted around a way of living from the consciousness and wisdom of the body and the experience carried forward.

I appreciate the beautiful place facing the sea that facilitates deepening the experience, presence, bond and group sharing!

I loved learning new ways of connecting and symbolizing more deeply the felt-sense. I especially treasure the learning around the whole body focusing and trauma care in Focusing-Oriented Psychotherapy.

I also want to emphasize the accompaniment, both group and individual, of the teachers and facilitators. I appreciate your close and warm presence, and your willingness to share your experience and knowledge. As a psychotherapist, I am very interested in inspiring myself in ways to promote change and reduce unnecessary suffering. Then listening to these great psychotherapist teachers, hearing about their work and experience, integrated with group practice to develop skills was very valuable to me!

Something very significant was receiving my certification diploma as a Focusing Trainer and as Focusing-Oriented Therapist. I feel very happy and satisfied with all this journey of formation, study, practice and experience. I return to work with new energies, certainties and desire to continue promoting Focusing in my life and in my community as a way of transformation and human growth! Especially with the most vulnerable groups in my community, immersed in an atmosphere of violence and poverty.

Finally I would like to honor the memory of Janet Klein, with one beautiful quote from her:

"Empathy and compassion have paved the way for more intimate experiences in relationship and a warmer and more caring relationship with myself." (Klein, 1998)

With affection and my deepest gratitude,
María Orozco Carroll



Janet Klein recipients Maria Skoufas and Maria Orozco Carroll