



Dear Focusing-Oriented Psychotherapists, practitioners of related approaches, and all members, new and old, of the International Focusing-Oriented Psychotherapy community,

On behalf of the [Fourth International Focusing-Oriented Psychotherapy Conference Committee](#), we invite you to submit your presentation proposals for the Conference, which will be held June 22-25, 2017 in Garrison, NY.

This year's theme is "FOT: Taking Its Place in the World of Psychotherapy."

Discoveries in neuroscience made over the past 25 years have led to a revolution in the field of psychotherapy, giving scientific validation to many new approaches, including Mindfulness-based therapy, Somatic Experiencing, and Emotion-Focused Therapy. Each method seeks to reach clients at a "deeper" mind-body level to heal trauma and effect change.

Focusing-oriented therapy is an important member of this emerging and growing "family" of therapies – indeed it is one its oldest members. It has much to contribute to the understanding of how to access direct body experience to re-write stuck patterns of thinking and feeling and allow what is alive, new and forward-moving to emerge.

We, the Programming Committee hope that as many presentations as possible could relate to this theme of applying FOT and demonstrating its relevance and value as a cutting-edge approach to psychotherapy in the 21st century. Such presentations might include:

- Applications of FOT to populations that have not traditionally been consumers of one-on-one FOT therapy (e.g., the elderly, or adolescents) or who might be especially skeptical of such an approach (e.g., members of particular cultures, scientists or engineers). This would include sharing changes in the structure of therapy or in the explaining and "languaging" of the concepts so as to facilitate this process.
- Applications of FOT in work with children, families, couples and groups.
- Ways you have found to explain and bring FOT to institutions that previously have not been open to it (e.g. drug treatment centers, colleges, etc.)
- Applying FOT as an approach to trauma, especially within the structure of conventional therapy when trauma emerges as an issue.
- Applying FOT as an approach to disorders such as depression, anxiety, ADHD, etc.
- Integration of FOT with other approaches.
- Research on the efficacy of FOT or that sheds light into what makes FOT work.

In addition to these topics related to this Conference's theme, we are open to presentations on any other topics of interest to Focusing-oriented therapists, including inter-relationship, therapist self-care, skill development in techniques that facilitate Focusing-oriented therapy, etc.

Experiential Workshops will be for 1 hour 45 minutes.

Lecture/Research Presentations will be for 60 minutes

All presenters who wish to be able to offer American Psychological Association (APA) continuing education credits must meet certain requirements updated by APA in August 2015. [This document will explain the requirements](#)

Please do not be intimidated out of offering your presentation because of the requirements of the form. The Programming Committee is most interested in good ideas for presentations. There is also the option of offering a presentation that does not provide continuing education credits, which makes submission easier.

Requirements for proposals

[Sample Proposal Here](#)

succinct completed title.

- A description of what you wish to present, up to 125 words
- A sentence briefly describing what your format will be (Will it be didactic with a PowerPoint? An experiential workshop? A paper? A combination? Etc.)
- Three or four learning objectives for your workshop. [Instructions on how to fashion behavioral learning objectives, including a couple of samples, can be found here](#)
- At least three citations in APA format (if offering CE's) that provide support for the premise of your presentation (Helpful link with sample <http://www.bibme.org/citation-guide/apa/>)
- A summary of the presentation (60-word limit).
- A photo and biography (60-word limit) for each presenter.
- Specific information re: equipment needed for your presentation.
- Your phone and email contact information.

In response to feedback received from previous FOT Conference participants to have more time to relax, socialize, and absorb the conference activities, we will limit the number of presentations. We hope you will understand that we may not be able to accommodate all submissions but strongly encourage you to share your valuable work during our Open Space evening time.

All proposals must be submitted by: December 15, 2016.

Please submit your proposal by email to 2017Presentation@focusing.org with the proposal attached as a document or pdf (for ease of distribution).

We are extremely excited to create this fourth gathering of Focusing-oriented therapists from around the world. We hope to make this the most rejuvenating, inspiring and informative Conference of all, replenishing your soul and offering tools and information that will make the healing work you do even more effective and satisfying. But we need your help too. Please send us your proposal, and share with your colleagues the hard-won knowledge that you have learned and earned, so that the art and practice of Focusing-Oriented Therapy – and the remarkable community of therapists who practice it – can continue to evolve and grow.

See you in June!

Program Committee: Helene Brenner, Leslie Ellis, Larry Letich, Lillian Sober-Ain

