



Ann Weiser Cornell, PhD

COURSE DESCRIPTION

FOR FOCUSING LEVEL ONE/RELEASING BLOCKS TO ACTION

Focusing is a process of awareness involving non-judgmental contact with emergent experiencing - the felt sense. Research has shown that clients who “freshly refer to ongoing felt experiencing” during the therapy sessions tend to have significantly more positive therapy outcomes than clients who merely talked about their problems or their emotions (Gendlin et al, 1968). “Manner of experiencing” refers to the finding that the way that clients talk about their problems and their lives has more bearing on whether they make progress in therapy than what they talk about. It has also been shown that for the clinician to learn Focusing has a significant impact on the client’s outcome (Hendricks, 2001). In this course, participants learn to do Focusing and apply it to a common issue in therapy: blocks to action.

LEARNING OBJECTIVES

- Discuss the difference between a bodily felt sense and a mere physical sensation.
- Explain the attitude of Self-in-Presence and its importance for emotional healing.
- List the stages of Focusing from coming into body awareness to thanking the body.
- Discuss the importance of empathic reflection in supporting the Focusing process.
- Describe the ways Focusing allows the person’s own life direction to emerge.
- Discuss the importance of (and the process for) disidentifying from the “part” that doesn’t do the action
- Show how to help a client (Focuser) be in a self-compassionate state (“Self-in-Presence”)
- Explain why an impatient, critical part is actually part of the problem rather than part of the solution.
- Demonstrate an effective move for shifting an inner aspect that is shaming and judgmental by asking what it is worried about
- Discuss how action blocks are released by an open quality of attention rather than by pushing one’s self

Citations:

Cornell, A. W. (2013). *Focusing in clinical practice: The essence of change*. New York: W. W. Norton.

Gendlin, Eugene. (1996). *Focusing-oriented psychotherapy*. New York: Guilford.

Gendlin, Eugene, Beebe, John, Cassens, James, Klein, Marjorie H., & Oberlander, Mark. (1968). Focusing ability in psychotherapy, personality and creativity. In John M. Shlien (Ed.), *Research in psychotherapy* (vol. III, pp. 217–241). Washington, DC: American Psychological Association.

Hendricks, Marion N. (2001). Focusing-oriented/experiential psychotherapy. In David Cain & Jules Seeman (Eds.), *Humanistic psychotherapies: Handbook of research and practice*. Washington, DC: American Psychological Association.

Purton, Campbell. (2004). *Person-centred therapy: The focusing-oriented approach*. London: Palgrave-Macmillan.

BIO SUMMARY:

Ann Weiser Cornell, PhD, is the author of *Focusing in Clinical Practice: The Essence of Change and The Power of Focusing*. She is internationally recognized as one of the leading innovators and theoreticians of Focusing and as a psychology educator. She has worked as a clinician trained in the person-centered approach and now teaches Focusing worldwide.

Continuing Education

If attended in its entirety, this course qualifies for:



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