

PRE-CONFERENCE WORKSHOP PROPOSAL

The Art of Inner Relationship - When Clients Find It Hard to Do Focusing

The clients who are potentially most helped by Focusing are often the ones who don't take to it easily. They may be stuck in repetitive processes that don't carry them forward, such as telling the same stories or experiencing the same emotions over and over. They may be beaten up by a harsh inner critic, or feel overwhelmed and fragile in the face of emotional experience. They may find their bodies to be "unsafe territory," popping out or getting distracted as soon as they make contact with something.

In this workshop we will offer empowering interventions based on a model of supporting clients to move into a compassionate and respectful relationship even with harsh and fearful aspects of self.

Format: Didactic, experiential, demonstration (video)

Learning objectives:

- Use language that supports the client in being with his or her emotional states instead of being flooded by them.
- Show how to invite a felt sense without using the word "body."
- Discuss the reasons for treating the inner critic as an anxious aspect of self.
- Describe how to use distraction and "resistance" as avenues for entering the Focusing process.

Citations:

Cornell, A. W. (2013). *Focusing in clinical practice: The essence of change*. New York: W. W. Norton.
Schore, Allan N. (2003). *Affect regulation and the repair of the self*. New York: W. W. Norton.
Wallin, David J. (2007). *Attachment in psychotherapy*. New York: Guilford.

SUMMARY:

This workshop teaches empowering interventions based on a model of supporting clients to move into a compassionate and respectful relationship even when Focusing is difficult. Includes: clients who tell repetitive stories, who can't or won't find body sensations, who are under attack by a harsh inner critic, or who feel overwhelmed and fragile in the face of emotional experience.

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.

EQUIPMENT NEEDS: Powerpoint projector with sound, and screen

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Continuing Education

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits 5.5**. The International Focusing Institute maintains responsibility for this program and its content.

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