



**Proposal for Presentation  
2017 International Focusing-Oriented Therapy Conference**

**FOCUSING-ORIENTED THERAPY WITH FLOWER ESSENCES:  
Rekindling a Living Connection  
Between Nature and the Human Soul**

Sharon Bauer, M.A.T., C.A.G.S., LCSW

**Description:** The vital source of subtle energy in a rose, an iris or a lotus has long been recognized in mythology, poetry and folk medicine. Flower essences, gentle remedies developed by Edward Bach in the 1930s, are one way to incorporate these archetypes from nature into the practice of psychotherapy, as the “felt sense” of a particular flower has its corresponding meaning or “handle” in the human psyche. Recent research supports their effectiveness in treating depression, and using a flower essence between therapy sessions can help anchor a client’s connection to their emerging new emotional strengths.

This workshop will introduce participants to the basics of flower essences as a complement to focusing-oriented therapy. Participants will have the opportunity to experience some flower essences for themselves. Handouts will be provided to aid in making recommendations to clients.

**Summary:** This workshop will introduce the basics of flower essences, developed by Edward Bach in the 1930s to enhance spiritual and emotional wellbeing. Research supports their effectiveness in treating depression. The “felt sense” of each flower has its corresponding meaning or “handle” in the human psyche. Handouts will be provided for making recommendations to clients.

**Format:**

Slide show, experiential exercise, demonstration.

**Objectives:**

At the conclusion of this workshop, participants will be able to:

- 1) Explain how flower essences are different from aromatherapy, homeopathy, herbal remedies and other forms of plant-based healing.
- 2) Apply their understanding of “felt sense” and “handle” to the integration of flower essence healing into psychotherapy.
- 3) Select flower essences which would be appropriate to recommend to clients as complementary therapies for common issues arising in focusing-oriented therapy.
- 4) Select flower essences which may enhance participants’ effectiveness as psychotherapists.

**Biography (photo attached separately):**

Sharon Bauer, M.A.T., C.A.G.S., LCSW, has been integrating flower essences into her psychotherapy practice for the past twenty years. She lives, works and gardens in Watertown, Massachusetts.

Citations:

Flower Essence Society. (2004). *Five Clinical Studies Demonstrate the Effectiveness of Flower Essence Therapy in the Treatment of Depression*. Published in *Calix, International Journal of Flower Essence Therapy, Volume 1*. Nevada City, CA: The Flower Essence Society.

Gendlin, Eugene T. (1996). *Focusing-Oriented Psychotherapy*. New York, London: The Guilford Press.

Kaminski, Patricia and Katz, Richard. (1996). *Flower Essence Repertory*. Nevada City, CA: The Flower Essence Society.

McIntyre, Anne. (1996). *Flower Power*. New York, NY: Henry Holt and Co.

Equipment needed for presentation:

I will be bringing fresh flowers and bottled flower essences for participants’ use, so a room with round tables would be ideal. I will also need a way to project photos from a flash drive.

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