



60 MIN LECTURE PROPOSAL FOR 2017 FOT CONFERENCE
Submit proposal by email to 2017Presentation@focusing.org

Names: Doralee Grindler Katonah & Soti Grafanaki
Email: dgk@livingforwardwhole.com
Phone: 916-284-4783

Title: Felt Sense Inquiry into Transformational Focusing Experiences: A Thematic Analysis of Memoirs.

Format: Didactic Research Presentation

Equipment: PowerPoint and projector with screen

Description: Many people describe profound transformational experiences in their lives, but little research exists on the role of embodied felt sense in the transformational process. We studied transformational focusing experiences reported in 19 memoirs published in *The Folio* (Vol. 24, #1, 2013). Through the qualitative method we call Felt Sense Inquiry, we discovered themes of embodied transformation including: expanded bodily self, attuned attention, novelty, interactive exchange, and elastic time. We will present our new method and results with experiential examples. Our results point to a 'new kind of body' that challenges the traditional way body is distinguished from mind. Results suggest a way of experiencing that does not divide, but rather connects each person to a unified felt process unfolding in its own way.

Summary: Many people describe transformational experiences in their lives, but little research exists on the role of embodied felt sense in the transformational process. We report on a qualitative study of transformational focusing experiences found in 19 memoirs (*The Folio* Vol. 24, #1, 2013) and describe the new qualitative research method we developed called Felt Sense Inquiry.

Bios:

Doralee Grindler Katonah, Psy.D., M.Div., is an FOT psychologist and certifying coordinator whose life passion is the integration of an embodied spiritual approach to healing. Practicing for over 35 years, Doralee has published articles and chapters on this topic and taught at the graduate university level and internationally. She was the first Director of The Focusing Institute.

Soti Grafanaki, Ph.D., is a Certifying Coordinator of Focusing and a Full Professor at St. Paul University (Canada) with 20 years of experience in psychotherapy training and person-centered research. Since 2012, she has joined William Hernandez in developing resources, conducting research, running workshops/retreats on 'Learning to Listen Through the Natural Pause' and promoting a 'pause movement.' www.pausemovement.org

Kevin C. Krycka, Psy.D. is Professor of Psychology in the Existential-Phenomenological Therapeutic Psychology masters of arts program at Seattle University where he has taught since 1989. He is a certified FOT, Certifying Coordinator, and a member of the Board of Trustees of ITFI. He uses Gendlin's works, particularly his Process Model in research and publications.

Mary McDonald, Ph.D. has had a lifetime interest in personal growth, transformation, and spirituality. For many years, she worked as a teacher and trainer with the Focusing Institute, edited the Folio, and served on the Institute's first board of directors. More recently, she has taught human development, psychology, and ethics for Sofia University and Embry-Riddle Aeronautical University.

Learning Objectives:

1. Participants will be able to identify 5 themes that characterize the process of transformation as described by experienced focusers.
2. Participants will be able to discuss how these results expand our understanding of transformation as defined in the transpersonal literature.
3. Participants will recognize two new embodied processes that may be integrated into already known transformation methods.

Citations:

- Anderson, R. (2011). Intuitive Inquiry: The Ways of the Heart in Human Science Research. In: Anderson, R. & Braud, W. (Eds.) *Transforming self and others through research – Transpersonal research methods and skills for the human sciences and humanities* (pp. 71-131). New York: State University of New York Press.
- Halling, S., Kunz, G., & Rowe, J. O. (1994). The contributions of dialogal psychology to phenomenological research. *Journal of Humanistic Psychology, 34*, 109-131.
- Krycka, K. & Ikemi, A. (2016). Focusing--Oriented-Experiential Psychotherapy: From Research to Practice. In D. J. Cain, K. Keenan, and S. Rubin (Eds.), *Humanistic psychotherapies: Handbook of research and practice*, (2nd ed.,pp. 251-282). American Psychological Association.

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 1**. The International Focusing Institute maintains responsibility for this program and its content.

The International Focusing Institute, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0055. **Contact Hours 1**.