



Julie Ramsey, LICSW

[Julieramseylicsw@gmail.com](mailto:Julieramseylicsw@gmail.com)

781-239-3368

Photo will be sent soon.

## **Title: Can I Send Those Boxes Out to Jupiter?**

### ***Clearing a Space with Adolescents***

Experiential workshop

#### **Description:**

Clearing a Space (CAS) is an experience and potentially a practice that offers adolescents an opportunity to find and create an inner sanctuary. In this era of social media, the Internet, and short sound bites, adolescents are bombarded with information and online “relationships” around the clock. The need to connect with their inner selves in a quiet space seems critical. The specific steps of CAS support and encourage the use of imagery, playfulness, creativity, knowing of oneself, separation from one’s problems and relaxation. The process of CAS supports adolescents in their developmental tasks of increased independence and autonomy by strengthening their own attachment with themselves as they deepen their understanding of themselves.

#### **Summary:**

Clearing a Space (CAS) is an experience that offers adolescents an opportunity to find and create an inner sanctuary. The process supports adolescents in their developmental tasks of increased independence and autonomy by strengthening their own attachment with themselves as they deepen their understanding of themselves and to explore creative ways to express themselves.

#### **Bio:**

Julie Ramsey, LICSW, Certified Focusing-Oriented Therapist, is a psychotherapist in private practice in Wellesley, MA. She works with adolescents and adults in individual and couples therapy.

#### **Learning Objectives:**

Participants will be able to:

1. Describe the steps of Clearing a Space for adolescents and the possible ways the steps can be adapted for this population.
2. Explain how the process of CAS helps adolescents with their specific developmental tasks.
3. Describe the specific challenges adolescents face in the twenty-first century.

### Citations:

Grindler Katonah, D. (2010). Direct Engagement with the Cleared Space in Psychotherapy. Person-Centered and Experiential Psychotherapies. Vol. 9, #2. 157-169.

Grindler, Katohnah,D (2012). Research on Clearing a Space. The Folio.Vol. 23, #1. 138-154.

Klagsbrun, Joan. (2008). Finding Sanctuary In a Stressful Environment: The Use of Clearing a Space to Enhance Learning for College and Graduate Students. The Folio.Vol. 21, #1.213-225.

Krycka, Kevin & Ikemi, Akira (2016). Focusing-oriented-experiential Psychotherapy: From Research to Practice, In D.J. Cain, K. Keenan, & S. Rubin (Eds.), Humanistic Psychotherapies: Handbook of Research and Practice, Second Edition. American Psychological Association., 251-282.

Turkle,S. (2012,February). Sherry Turkle: Connected, but alone? [Video file]. Retrieved from [https://www.ted.com/talks/sherry\\_turkle\\_alone\\_together?language=en](https://www.ted.com/talks/sherry_turkle_alone_together?language=en)

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

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