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**Title : The Transformative Power of the Background Feeling in Focusing Oriented Therapy (mainly with adults).**

Format : Experiential Workshop with a bit of Theory (Not planning to provide continuing education credits): 1hr and 45 min.

Equipment : Flip chart or board

Description : Exploring what Gendlin calls the Background Feeling in Focusing, might give access to old implicit connections and lead to some transformative and alleviating potentialities where "what was felt as a burden or a limit -may open- to the extension of being". This theoretical and experiential workshop will invite participants to identify and pay attention to their Background Feeling, often unknown. They could explore how to be with something that could have been repressed or related to old wounds or residual trauma that might even be vicarious (inherited from personal, family as well as historical environment). They will discover an innovative way of working with this theme and further development.

Summary : Exploration in a Focusing-oriented way of what Gendlin calls « The Background Feeling » in Focusing. Discovering how to be with what could have been repressed experiences, old wounds or residual trauma. Working empathically on it, may lead to some transformative and alleviating potentialities

Bio: Marine de Fréminville is a Clinical Psychologist in Montreal, a FOT, and a TIFI Certifying Coordinator, teaching and spreading Focusing since 30 years internationally: i.e. Canada, Europe, Ecuador, Japan, Mexico. She uses FOT with complex trauma, combining it sometimes with EMDR. Her article "Background Feeling" appears on *Tribute Folio*, 2008. She enjoyed working internationally as an ILC member in 2014-2016.

Citations:

Gascon, I. (2007). El poder de Focusing para trasformar el Background Feeling. Un paso mas alla de despejar un espacio: *el telon de fondo existencial o la sensacion de fondo*. In Alemany, C. (Ed.), *Manual practico del focusing de Gendlin*. pp. 239-248. Bilbao: Desclée de Brouwer.

Gendlin, E. (1981). *Focusing*. Second Edition. New York: Bantam Books, chapter 7, pp. 71-82.

Hinterkopf, E. (1998). *Integrating Spirituality in Counseling*. A Manual for Using the Experiential Focusing Method. Alexandria: ACA, p. 110.

Klagsbrun, J. (1999). Focusing, Illness and Health Care. Model to Bring Focusing into Medical Settings. Chap. VII. *The Folio: Journal for Focusing and Experiential Therapy*, Vol. 18, pp. 161-170.

Tidmarsh, A. (2011). Not drowning but waving - Focusing-oriented Therapy and the unstopped experience of addiction. Paper presented to the 23<sup>rd</sup> Focusing International Conference, June 1-5, 2011, Asilomar Conference Grounds, Pacific Grove, CA., USA.