



Morning Study Group

Interactive Focusing: Co-creating New Relational and Therapeutic Possibilities

Masumi Maeda, MA and Miho Yamamoto, MA

Experiential workshop, combining didactic and small group work plus mini lectures with Power Point slides

Description:

Interactive Focusing is a powerful method for experiencing and embodying the qualities of empathy, deep listening, connecting with the felt sense and being present to oneself and the other that are the hallmarks of Focusing-Oriented Therapy. Through step-by-step exercises developed over the past 10 years and taught worldwide, this workshop will teach you how to harness the power of “Interaction,” through which two people co-create a transformational moment of connection leading to a deeper understanding of the self and the other and a deeper bond of intimacy. We will also explore how to empathically catch the essence of a Focuser’s (or client’s) world and express it symbolically. Interactive Focusing can be used as a safe process for healing troubled areas in relationships and as an effective peer-counseling tool, especially to prevent burnout.

60-word Summary:

Interactive Focusing is a powerful tool for therapists to acquire, not only for better therapeutic results, but also for enriching their personal lives, which is why it is taught to graduate-level psychotherapy students throughout Japan. Come learn step-by-step this remarkable method for co-creating a deeply connecting relational bond in the moment, which will hone your empathic listening skills and give you a new way to create and sustain deep personal connection.

Learning Objectives:

In this workshop, you will learn:

1. What Interactive Focusing is and how it is different from ordinary dyadic Focusing.
2. Learn how to empathically capture the essence of another’s expressed experience.

3. How to apply Interactive Focusing methods to develop a more empathic connection with therapy clients.
4. Methods to teach therapy clients to help them experience more satisfying emotional connections in their personal lives.

Citations:

- 1) Klein, Janet: "The Interactive Focusing Process— the path of healing through empathy and compassion" published by Janet Klein 1998
- 2) Klein, Janet: "Interactive Focusing Therapy: Healing Relationships", published by Janet Klein 2001
- 3) Janet Klein-Yoshihiko Morotomi-Masumi Maeda: "Intarakutivu fōkashingu serapī: Kaunserā no rikiryō appu no tameni" Seishin Shobō, 2005
- 4) Friedman, Neil: "Selected Essays:1974-1999" Xlibris, 2000
- 5) Purton,Campbell, "Person-Centred: The Focusing-Oriented Approach", Basingstoke: Palgrave Macmillan, 2004

Bio:

Masumi Maeda, MA

Masumi Maeda is a clinical psychologist and school counselor at Toho Gakuen Girls Division, a private school in Tokyo. She is a Master Teacher of Interactive Focusing, has written extensively about Interactive Focusing in Japanese, and has taught Interactive Focusing in Japan, China and Belgium.

Specific information re: equipment needed for your presentation.

- Microphone if there are more than 10 participants
- A Projector, a connecting cord and a screen for power point slides

Your phone and email contact information.

- Home phone: +81Japan 42 665 1804
- Email address: tsuyabuki@gmail.com

Miho Yamamoto, MA is a clinical psychologist and a Focusing Trainer. She was a co-presenter of the Interactive Focusing workshop in Belgium.

- Email address: m.yamamoto8498138@inbox.kyoto-inet.or.jp

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 6.25** 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 6.**