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**Morning Study Group with Lynn Preston, MA, MS, LP
and
Charlotte Howorth, LCSW**

Title: How Gendlin's Philosophy Radically Changes How We Work as Therapists; Being Guided by the Powerful Forces of Implicit Process

Format: Didactic and Experiential

Description:

Gendlin's philosophy provides us with a revolutionary way of thinking and being as therapists. It illuminates the nature of therapeutic process and radically changes our way of working. In this workshop we will explore the application of his fundamental "Process Model" concepts. We will experience together how working from the felt sense brings our therapy sessions to life, giving them new grounding, dimension and momentum. Our purpose in this workshop is not only to develop an intellectual understanding of the philosophical underpinnings of FOT, but to co-create an experience of living *in* them. We want to build a thinking/feeling/embodied home in which our creativity and vitality can have room and shelter to flourish.

Summary:

In this study group we will open up some of Gendlin's major philosophical concepts—such as "Interaction First," "Implicit Intricacy" and "Carrying Forward"—that provide grounding and inspiration for FOT. We will explore his model for accessing implicit dimensions of knowing. We will investigate his central conception of life as process rather than interacting entities. His understanding that we *are* interaction and that our major job as therapists is to *be* the interaction that facilitates growth and healing. We will work with the centrality of his principle of "carrying forward" as the central guiding force of the therapeutic process.

Learning Objectives:

Attendees will be able to:

1. Articulate and use Gendlin's concept of Implicit Bodily Knowing.
2. Understand Gendlin's central idea that we *are* interaction, rather than entities.

3. Work with the understanding that “Every human experience has an implicit forward movement inherent in it.”

Citations:

Gendlin, E.T. (2003). Beyond postmodernism: From concepts through experiencing. In Roger Frie (Ed.), *Understanding Experience: Psychotherapy and Postmodernism*, pp.100-115, Routledge. From http://www.focusing.org/gendlin/docs/gol_2164.html

Gendlin, E.T. (1990). The small steps of the therapy process: How they come and how to help them come. In G. Lietaer, J. Rombauts & R. Van Balen (Eds.), *Client-centered and experiential psychotherapy in the nineties*, pp. 205-224. Leuven: Leuven University Press. From http://www.focusing.org/gendlin/docs/gol_2110.html

Preston, Lynn [Focusing Relational Psychotherapy]. (2005, December, 3). *Eugene Gendlin, PhD on the Theory of Focusing-Oriented Psychotherapy* [Video file]. Retrieved from <https://youtu.be/xXp11zpK95M>

Preston, Lynn [Focusing Relational Psychotherapy]. (2007, February, 22). *Concepts That Imply Further* [Video file]. Retrieved from <https://youtu.be/C8DL0ipXU-4>

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.

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