



Names: **Soti Grafanaki**, Ph.D. (St. Paul University, Canada) & **William Hernández**, (FECD, Ecuador)

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Title: “The Pause Movement”: A Qualitative Inquiry into the Experience and Impact of the Natural Pause

Format: Combination of Research Presentation with Experiential Component

Equipment: Powerpoint projector and screen (1 hour 45 min)

Description:

What is the pause? What does the pause bring to one’s life? What is its impact on personal and community development? These questions guided a qualitative inquiry. Our presentation will share the findings from individual interviews and focus groups with participants and facilitators living in rural communities, who had attended a ‘pause workshop’ (also known as “Learning to Listen through the Pause”). Accounts of their experiences will highlight the impact on self-esteem, empowerment of women and improvement of family and community relations. The presentation will provide evidence about the power of the pause to reduce violence and community tensions. We will offer some experiential exercises from a pause workshop for a glimpse of the ‘pause movement’ and listening beyond words.

Summary

What does the pause bring to one’s life? What are the impacts on personal and community development? These are questions we will address based on findings from a qualitative study, which invited participants and facilitators of ‘pause workshops’ from rural communities to share their perceptions of the benefits of learning to listen through the pause. We will also offer a taste from a pause workshop.

Learning objectives:

1. Address the benefits of the pause and ‘Learning to Listen through the Pause’ workshops in reducing violence, promoting mental health and empowering marginalized groups and communities.
2. Identify the key impacts of the ‘Listening through the Pause’ workshops on personal and community development.
3. Provide empirical evidence about the importance of promoting listening through the natural pause, as a way to expand self-awareness.

Biographies:

Soti Grafanaki, Ph.D. and **William Hernández** are Certifying Coordinators of the Focusing Institute. Soti is Professor of Psychotherapy at St. Paul University with twenty years of experience in training therapists and conducting Person-Centered Research. William is Executive Director of a non-profit organization, working with Ecuador's most vulnerable communities. He has contributed to the development of the Felt Sense Literacy project and has created the model "Human Development through the Pause." In the last six years, over 230 communities and 7,000 leaders have participated in 'pause workshops.' Since 2012, Soti and William have collaborated in developing resources, conducting research, sharing workshops and promoting practices that raise awareness about 'listening through the pause.' www.pausemovement.org

References:

Hendricks, M. (2003). *Focusing as a force for peace: The revolutionary pause*. Keynote address for the 15th Focusing International, Germany.

http://www.focusing.org/social_issues/hendricks_peace.html

Hernández, W., & Grafanaki, S. (2014). Social development with Focusing through the pause. *The Folio: Journal for Focusing and Experiential Therapy*, 25, 172-185.

Hernández, W., & Grafanaki, S. (2016). "Discovering new Frontiers" for promoting mental health and social development: An exploration on the Impact of basic Listening Workshops on personal and community wellness. *International Meeting of the Society for Psychotherapy Research*, Jerusalem, Israel.

United Nations Secretary-General's High-Level Panel on Global Sustainability (2012). *Resilient people, resilient planet: A future worth choosing, Overview*. New York: United Nations.

WWF (2010). *Living planet report: Biodiversity, biocapacity and development*. Download from http://awsassets.panda.org/downloads/wwf_lpr2010_lr_en.

Continuing Education

If attended in its entirety, this course qualifies for:



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