Focusing-Oriented Psychotherapies
SECOND WORLD CONFERENCE
LIVING THE PRACTICE

November 10 – 13, 2011
Pre-Conference November 9 – 10
Stony Point Center
Stony Point, New York

The Focusing Institute
PO Box 539, Spring Valley, NY 10977
845-362-5222

For more information or to register:
www.focusing.org/focconf

FOCUSING-ORIENTED PSYCHOTHERAPIES

We warmly invite all psychotherapists and counselors to attend this second World Conference on Focusing-Oriented Psychotherapies. The conference will take place on November 10th – 13th, 2011, with pre-conference workshops on November 9th (afternoon) and November 10th (morning). The conference will take place at Stony Point Center, Stony Point, NY www.stonypointcenter.org. CEUs for social workers and CEIs for psychologists will be available.

WHAT IS FOCUSING-ORIENTED PSYCHOTHERAPY?

Focusing-Oriented Psychotherapy (FOT) is an emerging family of experiential psychotherapies based on the pioneering work of Eugene Gendlin. In empirical studies, Gendlin and colleagues found that clients who succeeded in therapy were those who regularly paused and listened inwardly to a "mufler 'felt sense' of their situation, found beneath known feelings and thoughts. This process, which Gendlin named Focusing, is now considered to be the crux of therapeutic change and forward movement in psychotherapy.

The Focusing-Oriented psychotherapist learns many ways to facilitate the Focusing process and works with a range of therapeutic issues such as medical illness, personality disorders, anxiety and depression. One of the strengths of Focusing-Oriented Psychotherapy is that it can be integrated with other therapeutic approaches because it opens up each method's potential. For example, FOT has been integrated with brief, solution-focused therapy, family systems, psychoanalysis, dream work, body work, and existential therapies. Focusing represents a significant advance in psychotherapy and has earned Gendlin three awards for his work from the American Psychological Association.

Please join us in celebrating the richness of Focusing as it has been creatively integrated into the diverse way we practice psychotherapy across the globe. At this exciting international gathering, we will be learning, reflecting, cross-fertilizing, co-maturing, and enjoying the company of new and old colleagues.

There will be intensive morning study groups, many shorter presentations in the afternoons, and opportunities for Focusing partnerships, peer supervision and time for fun each evening.

STONY POINT is nestled in the Lower Hudson River Valley 45 minutes outside New York City. Transportation can be arranged from the airports.

PRE-CONFERENCE WORKSHOPS You can choose one of the four pre-conference workshops which will take place Wednesday November 9th: 2:30 PM – 5:30 PM and Thursday November 10th: 9:00 AM – 12:00 PM. Or you can choose one of the two pre-conference workshops offered on Thursday morning only.

THE CONFERENCE begins Thursday afternoon with presentations from 1:30 PM - 3:00 PM and 3:30 PM to 5:00 PM. Afternoon presentations of 90 minutes each will continue on Friday and Saturday. The conference ends at 2:30 PM on Sunday.

REGISTRATION will be open from 1:00 PM - 2:00 PM on Wednesday for pre-conference attendees and from 12:00 PM - 6:00 PM on Thursday.

EACH EVENING will be a chance for more informal interactions, including an opening ceremony honoring our participants from around the world; wine and cheese gatherings; a coffee house in which we will express our talents in music, poetry and short prose pieces; and a dance where we will kick up our heels. Plus this year we are inaugurating an ongoing art show of participants' work, with a silent auction to benefit The Focusing Institute.

ON FRIDAY AFTERNOON we will host a panel discussion entitled: "One Process, Many Avenues: Therapeutic Paths for Carrying Forward in FOT."

STUDY GROUPS Before arriving, you will be asked to choose one of nine morning study groups that will allow for a more ongoing interactional experience. The study groups begin on Friday morning, and meet on Saturday and Sunday mornings. You will be asked to select your first and second choice.

ON SUNDAY MORNING we hope to have Gene Gendlin address the conference.

The VISION

THE CONFERENCE

CONTINUED FROM OTHER SIDE >>
• Focusing Opportunities as We Sit with Aging, Ill, or Dying Clients - Kelly Botte, LICSW and Hadley Fulk, LICSW
• Focusing-Oriented Art Therapy (FOAT): Introduction - Larry Rappaport, PhD, ARTP
• Focusing-Oriented Movement Therapy: Solo Focusing with Authentic Movement - Aileen Crow
• Focusing-Oriented Therapy, Movement, and Rhythm: Welcoming the Body’s Implicit Wisdom - Lillian Sober-Ain, PhD
• Focusing-Oriented Therapy Trauma Considerations - Lanie Kagan, MA CP
• From Loneliness to Solitude: Dead-ends, D diasassociation and Reassociation - Sharon W. Kaplan, LISW
• Getting the Client’s Deeper Point - Charlotte Howarth, LCSW
• Getting to the Heart and the Core: Working with Deep Recurring Themes in Focusing Psychotherapy - Helene Brunner, PhD
• How FOT Facilitates the Client’s Level of Experiencing - Miki Myake, PhD
• The Implicit Power of the Background Feeling in Focusing - Marine de Ferronville, MPh
• The Inner Critic: A Guide to Healing - Alexis Phillips, MA, RCC and Shaun Phillips, MEd, RCC
• The Inner Experiential Journey of the Hellenic Focusing-Oriented Therapy Practice as Traced by Ulises Narrative - Ana Kunai, Pilar Zorotzian and Nikola Kypriotakis
• Intergenerational Trauma: Finding the Buried Self - Alexis Phillips, MA, RCC and Shaun Phillips, MEd, RCC
• The Insecure Windsorpane: An Exploration Into the Hidden Potential of Repetitive Behaviors - Osa Schreiber, MA
• Living the Healing Process of Psychotherapy as a Neo-shamanic Journey - Serge Pergel, LMHC
• Looking in the Mirror: Focus on Therapist Reflectivity & Self Care - Sori Gafanakis, PhD
• Principles and Practice of Focusing-Oriented Parent-Infant Psychotherapy, Part I: Focusing and the Inner Infant, Part II - Zack Brousky, PhD
• Psychotherapeutic Use of Therapist’s Felt Sense - Kereniz Itoh, Professor
• Reducing the Pain Experience through Focusing: Use of the “Inner Volcano” Metaphor - Michele Ferraro, PsyD, MBA, RMT
• Refining Your Well: Supporting the Natural Growth of Authentic Self - Robin White-Diamondstone
• The Relational Guest House: An Experimental Model for a Reflexive Living Relationship - Diane Crow, McN, MA, RPC, SFTT
• The Shift in Humanity's Evolution: A Shift in FOT Living Reflexive Practice - Diane Caron-Bourbonnais, PhD, CPsych
• Spaces in Psychotherapy: “Inner Space” and the “Space Between” - Mike Hikasa and Yasushi Kuba
• Using FOT in the EMDR Treatment of Childhood Trauma - Peggy Reuber, LCSW
• Working with Trauma: How Sensate Experiencing Can Help Focusers - Barbara Kamin, MA, LCHSM
• Working with Couples: Combining FOT & Emotion Focused Therapy - Linda Bradley, LCSW

If you are a psychotherapist or counselor new to Focusing, there will be a Level One training designed for you.
Central to Gendlin’s phi philosophy is the nurturing of an authentic responsiveness in both therapist and client as they create their relationship. Using concepts from the focussing-oriented relational psychotherapy program, this workshop will help you to find your own way of sharing a felt-sense perspective to deepen the relational engagement with your clients in the moment and over time. Joan Lavender, PsyD

Integrating Focusing-Oriented Art Therapy (FOAT) Into Your Practice: In this workshop you will learn the fundamental theory and approaches of focusing-oriented art therapy (FOAT). This workshop is useful for therapists and other practitioners who are interested in learning how to integrate art therapy into their work with clients and/or expand their own creative expression with focusing. Laury Rappaport, PhD, ATR-BC

The Focusing Institute is approved by the American Psychological Association to sponsor continuing education for psychologists. The Focusing Institute maintains responsibility for this program and its content.