

# The Focusing Connection

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## Editorial

by Ann Weiser Cornell

What do bodyworkers know that Focusers need to know? Something about the power of grounding touch to support present-time awareness of the body. And what do Focusers know that bodyworkers need to know? Something about inviting space to sense the “more” emerging from physical sensation. Anastasia Brenck has written a remarkable two-part article about the interface between Focusing and massage therapy. Had you ever considered inviting your Focusing partner to gently hold your feet or your shoulders during a Focusing session? The kind of touch that Anastasia recommends adding to Focusing sessions isn’t a massaging, moving kind of touch, but more like a steady, grounded holding from the start of the session. It’s well worth a try!

Speaking of Focusing partnerships, Emily Agnew writes eloquently in this issue about the how Focusing partnerships can be a kind of mutual creation and a model for intimacy. Often people ask me, “Why is Focusing with a partner usually so much easier than Focusing by myself?” Reading Emily’s article, I feel closer to finding a satisfying answer to that question. I love the way she compares having a Focusing partner to having a dining room table rather than a TV tray. That fits for me!

What do you do when you’re going ahead with a plan or an idea, and you become aware of something in you saying, “No...” Maybe it’s a whisper inside, like “Wait, I’m not sure yet...” Maybe it’s hesitation, delay, procrastination. Does something in you tend to ignore it or argue that it’s just old stuff? Can you turn toward it and say “Hello”? In his article in this issue, Manjudeva eloquently tells a story about a time he said “Hello” to a “No” and got to a bigger place of more life. *✍*

*From all of us here at the Focusing Connection, we wish a Happy New Year to all of you...*

## Touch and Focusing: Part 1

Touch and Focusing: A Dialogue  
By Anastasia Brenck



Bringing these two modalities together helps the whole person stay present to life’s events, with calm, joy and peace in the inner knowing that accompanies this embodied way of being.

I use the terms ‘bodyworker’, ‘toucher’, ‘massage therapist’ and ‘companion’ interchangeably throughout; also the terms ‘Focuser’ and ‘client’ are interchanged with each other. This practice reflects my overall intention: to speak to both the Focusing and bodywork communities, while also, I hope, keeping the concepts I am trying to convey simple.

Part One will be about bringing touch into Focusing sessions. Part Two, to appear in the next issue, will be for the bodyworker wanting to incorporate Focusing into bodywork sessions.

### For the Focusing Guide Using Touch in the Session

Using touch enhances the Focusing process. It helps the Focuser stay grounded and connected to even slight felt senses and can offer a stronger sense of Self-in-Presence. Along with this benefit, touch is also important for normal body regulation and therefore can help the Focuser regulate the information that is both given and received in a session. When the body is experiencing a stressor, it is moving in to a sympathetic response commonly called ‘fight or flight’. Touch helps to come back in to present time and space, allowing the parasympathetic system to start regulating the body, bringing it out of the stress response.

Touch also can function as a beneficial touchstone throughout a whole Focusing session; it can provide easily found physical sensation even when a Focuser is with something particularly intense or tangled (McGavin & Cornell, 2008). Like the reflections a companion uses with a Focuser, touch can slow the information coming from the body’s

*(continued on page 2)*

# The Focusing Connection

is published six times a year by Focusing Resources. It is written by and for people using Focusing in their lives. Letters and articles are invited on any subject of interest to fociers.

Editor: Ann Weiser Cornell  
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## Touch and Focusing from Page 1

emerging felt sense, while also giving it a wider platform to be experienced.

I want to first say a little bit about the quality of touch one might receive from another person, be it a professional massage therapist, or a Focusing companion who has just taken a class from me about how to integrate Focusing and touch. It really matters how the companion touches the Focuser, as I will describe in the next paragraph. The companion's physical location, in relation to the Focuser, holds the same importance as in traditional Focusing. For instance, standing behind a Focuser with the companion's hands gently resting on the shoulders can be quite uncomfortable for some, and perfectly fine for others. Due to such different responses, having an empowered Focuser is paramount. The Focuser always has the right of way. It also matters whether the companion using touch is being Self-in-Presence (McGavin & Cornell, 2008). A companion's non-presence, as communicated by touch, can interrupt the Focuser's ability to stay with his or her own process.

Let me demonstrate how the quality of touch in presence is important here, by using childhood examples, a rich area to explore the nuances of touch.

Did you ever have your back scratched as a kid? No, not by brambles or from rough-housing puppies. I mean the kind where someone else does it to you. The kind of back scratching that happened in my first grade class during reading time, (which was followed by nap time, a wonderful combination I enjoy turning to even today). A friend would say, "See if you can find out what I am drawing on your back." She would then begin making loops and dots on my back with her finger and I would guess at the drawing she was making. Was it a turtle? An apple? Is it my name in cursive? It felt so good and so relaxing, I would purposefully say, "I don't know" and then she would have to 'erase' her drawing. This would bring the swooping and smoothing of her hand over the whole of my back, which would mean a start over of her drawing: Bliss! Then, when I finally guessed right, it would be my turn to draw and give her that same fun feeling on her back.

I want to contrast this experience to what a not-so-fun back scratching might feel like. I do this, because there is something about being touched intentionally that offers an introspective process a place to happen. The act

of being touched in and of itself, may not be enough to have this happen! Enter: my grandmother. Although she loved us, her touch communicated her unfamiliarity with this kind of physical close expression. When I was a kid, she would handle me as lovingly as you would handle a fish caught on a fishing line: rough and to the point. I remember sitting on her lap after dinner with the family talking as she would scratch my back or arm. She would be talking and scratching and I could tell that she wasn't really paying attention. So I had to stay focused on my external environment because if I wasn't careful to notice, she would scratch the same area over and over until it would go numb. I would end up not looking forward to Grandma time because it could be so uncomfortable. As we learn how Focusing and touch can be so helpful to use together, we must remember to support the idea of relaxed companion, in presence, with whomever is doing the Focusing and especially when touch is involved.

If it is true, as Gene Gendlin says, that the body is doing all of the living I know I am doing and also all the living I don't know I am doing, (Gendlin & Cornell, 2011) then the body has new insights and awareness to offer that can come into my conscious knowing. The body can offer me fresh perspectives, or the opportunity to find new ways of knowing in any living moment or event. I can foster a way that the present state of the Focuser's unknowing living can come into knowing. In my clinical practice, I see this happening in my clients as a natural occurrence and hear other massage therapists familiar with Focusing noting the same phenomena. The client comes into presence with his or her body, sensing it freshly first from its outer environment; the warm table, gentle scents, quiet music. This coming in to a receptive state invites a state of presence, where a felt sense can naturally form. No wonder that during massage life issues and emotional events come into awareness! This is why integrating Focusing in bodywork practices is so important. As a massage therapist, I am able to support the client to stay in this bodily awareness and thus learn how the body is wanting to find its way through the situation at hand.

In a massage session I use the idea of a foyer in order to find a place where both focuser and touch companion can 'meet'. Why do we need a place for the two to meet? One response is that the possibility of deep interaction and

(continued on page 4)

# What I Value about Focusing Partnership

by Emily Agnew



In Focusing partnership, two people take turns keeping each other company in a special way.

The “Focuser” will do Focusing, inwardly sensing the whole feel, flavor, or sense of a situation or issue, as experienced in the body through feelings, sensations, images, thoughts, knowings, gestures, memories, and more. As the Focuser offers this attentive space to the “felt sense,” what was fuzzy, vague, and still implicit, becomes clearer, more known, and more explicit. The other person, the “Companion,” lends the spaciousness of their attention to the Focuser, creating a bigger, clearer field of awareness in which this whole-body-sense can form and evolve. This attentive presence is the most important aspect of companionship, so being a companion often means just silently staying with the Focuser. If the Companion does speak, it is with the intent of supporting the Focuser in staying with the felt sense. Unlike a “normal” conversational listener, the Focusing Companion refrains from offering opinions, judgments, information, personal experience, or sympathy. And the Companion refrains from any comment on the content of the Focuser’s session after the session is over, unless the Focuser explicitly requests it or offers permission.

My own journey with Focusing started in 2010. While I’ve had the privilege of focusing with many different partners in the different trainings I’ve taken, I do have a core group of six companions, three of whom I’ve worked with from the very beginning and three of whom I’ve met in the last year. I typically focus three to four times a week with different partners, depending on our schedules. As I reflected recently on what I value most about these partnerships, I realized how much they have given me: a safe space for deep personal growth and learning, a model for intimacy, and much more.

Trust and learning. My several

partners are from different countries. They have very different styles. Some are men; some are women. But there’s the same deep trust with each one, and it has grown over time. I’ve observed this growth can be scientifically tracked by counting the number of belly laughs per session! – since spontaneous humor, for me, is a sure sign of comfort and trust. We’ve covered the gamut of topics and feelings: relationship issues, areas of stuckness, impending decisions, vague yearnings, excitement, physical pain, feelings of expansive peace and joy, intense stress, physical pain, grief, rage. We can tell each other honestly what is working and what isn’t. Because I trust that, I feel free to experiment and try things. Because I try things all the time, I’ve learned a lot. The more I learn, the better I’ve gotten as a companion.

**Safety and synergy.** I’ve found that the focusing partnership agreement of “no comment” (which includes no judgment, no sympathy, no sharing of related issues) frees me up to go into tough places in myself. On the other hand, when I have talked to my partners afterwards about things that came up in my focusing, or theirs, startling synergies have arisen. The key is having choice.

**A big space.** Through their presence, my Focusing partners create a field of shared awareness much deeper and wider than I can create by myself. By myself, I’ve got a little TV tray onto which I can empty out all my “stuff” to be sensed and known. Working with one of my partners, I have a whole dining room table. It makes it way easier to feel, sense, perceive patterns, and stay present with pain that comes up.

**Coming out of my self.** On the other side, as a Companion, I find I lose myself in the best possible way. I get out of my own head. For me, companionship is like surfing: constant subtle adjustments in service of staying with my partners as they focus. It’s pleasurable, even joyful, and with the right kind of presence, I can do it even with a lot of my own stuff going on in the background. Realizing this unshackled me from a limiting belief that I had to be like the Dalai Lama internally before I could be present with someone else.

And that is a big relief, since my Dalai Lama project isn’t showing signs of being finished in this lifetime!

**A model for intimacy.** My Focusing partnerships have provided me with a model of intimacy that I can apply in my relationships with others. The idea of exchange of meaning wasn’t new to me, given my training in Nonviolent Communication®. But engaging in Focusing partnership has greatly refined my skill and understanding of how to know myself enough to share myself, and how to meet another person right where they are.

I imagine that communication is like weaving cloth at a loom. By choosing to interact, we take our places together in front of the loom. By communicating with me, you send a thread my way. If I choose to respond, I grab the shuttle carrying the thread, and I send it back. But let’s say I was distracted, and I didn’t really grasp your meaning. Or I don’t feel comfortable responding honestly to what you said. I send back a thread that doesn’t match yours in length or quality, and the weaving goes no further. It’s as if I dropped the thread. The fabric of our relationship is not strengthened by the exchange. Many of our daily interactions may consist of these weak or dropped threads, as most people are not conscious of the way their communication increases or decreases connection with others.

Now imagine a Focusing partnership. You, as Focuser, express something you are experiencing in this moment. Already we are weaving cloth of a higher quality, because the truth of what is actually happening in you or in me, in this moment, is the strongest, most beautifully textured, vividly colored thread. I receive what you’ve sent me, then I reflect back the essence of it, returning the thread to you in a way that invites you to sense further. This returning stimulates a new round of expression in you. Perhaps the same color thread: “Yes! That’s it exactly!” Or perhaps a subtly different shade: “Actually, it’s more like....” We are engaging in a mutual creation, and a deeper connection of great beauty, strength and suppleness is the result. Focusing partnership principally emphasizes intimacy with myself as the Focuser, with the support of my Companion. I’ve learned that this self-intimacy is the raw material of my authenticity in relationships.

(continued on page 5)

## Touch and Focusing from Page 2

process can be scary to a person who has a worry about being enveloped by another's energy or one's own emotional distress. The worry can extend to the idea that what comes will be too big to handle, too overwhelming, etc. The foyer does not keep the deep process from happening; rather, the foyer provides something called interface, or a place of meeting. Touch offers a physical holding for self-in-presence, a touchstone, when Self-in-Presence has been lost to the Focuser. This way, when something comes and worry about overwhelm comes, for instance, the foyer provides the place where one can be in company with the companion, still in presence, and then be able to turn to the worry and acknowledge it. It is another way for there to be space in between the overwhelm and the person having the overwhelm. I thank wholeheartedly the work of Patricia Omidian and Nina Joy Lawrence who first coined the idea of using a foyer working with people in Afghanistan (Omidian, 2011). Although not used with touch in their work, the foyer was helpful when they had Focusers not able to fully acknowledge the pain and emotion that was coming. Afghanistan is a country going through much violence and trauma. In an Afghan home, Nina Joy and Patricia explain, the foyer is where one can meet someone, but not necessarily invite them in to the inner safety and intimate core of the home. This is also how one can use touch in the Focusing session. The touch is the foyer, where inner and outer awareness are simultaneously experienced. As a felt sense forms, the Focuser might find it coming right there, in the foyer, as if a guest is being invited into the house. And what if the guest comes from the depths of the house? Then the foyer is a place where the Focuser can meet the guest freshly, with a proper 'hello'.

I want to recap what the foyer offers to the Focuser using touch. One, it helps slow down the amount of guests or parts coming because it is a holding space for them all to be equally introduced and welcomed. It is a physically touched place of Presence, it is space to acknowledge any overwhelm, any felt sense forming that might come. Two, it is a place that, when a guest is deeply felt in the home, it is a place to bring the guest to meet it with fresh perspective. Touch provides this fresh perspective by holding the space there. Three, it can be used as

a neutral meeting place for the Focuser and companion, which is where the outer and inner awareness meet.

Touch offers a physical placeholder for the inner and outer awareness to meet and the place that the foyer can be sensed and accessed. But touch also provides something more. When there is a shift in felt sense the process unfolds, moves, unwinds and touch offers the container in which the movement is happening. There is a shift also in one's perspective as one comes from reacting to the information coming, to making a place of receiving the information that touch magnifies. You might liken it to being on a train in the train station. You are next to another train as it begins to move, and it can be temporarily confusing. Is it your train that is moving or is it that you are still and the other train is beginning to move? As a point of reference, you might look out the window and find a fixed place, a tree, perhaps. In Focusing, touch gives the Focuser this kind of point of reference, so as to notice what is shifting and moving in one's process.

Touch interfaces with the body, as it is an open process, actively engaged and in contact with the outside world (by outside I mean the outside of the body). When touch is used in Focusing, it helps one turn attention from the outside of the body to the inward; the companion is able to keep the outside world 'at bay' and monitor things there so that more attention can be turned inward. This process might be likened to a sentinel stone, or stele: a kind of watcher; in this way, the toucher or bodyworker is holding the space for and with the Focuser.

I teach how to use touch for Focusers by introducing three different hand holds the companion can use with the Focuser. The photos demonstrate these three hand holds, one at the feet, one at the shoulders, one at the head.

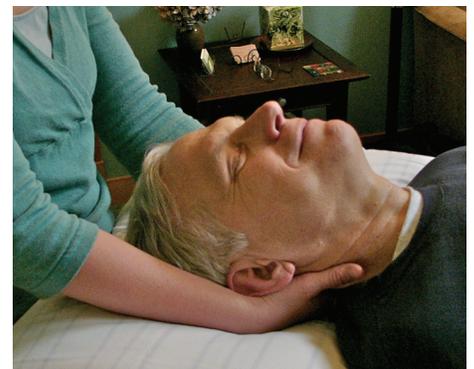
This picture shows the hand hold for the feet. Once gentle contact is made, the Focusing session can begin.



In this photo, I am showing how to use the shoulder hand hold. The Focuser in this photo is in a reclined position on a massage table, but a reclining chair works fine, as well. It is important that the companion has a relaxed position, too.



This last photo shows the hand hold for the head, a nice one for this gentleman, from the look on his face!



Should you decide to try using touch in your Focusing practice, I do not recommend introducing it in the middle of the Focusing session. Touch can be too easily misrepresented when added in a Focusing session already in progress. When beginning a session using touch, it becomes a natural state of being in presence first, so the felt sense can emerge in to the already predetermined safe environment of touch. Adding touch when the inner contact has been made already sets up the touching hands as a new subject in the environment, like a new visitor to have to acknowledge and make room for. This additional activity can too easily disrupt the inner contact and invite a whole other chapter of content. Unless the introduction of touch itself is being used as something to Focus on in the session, it is less intrusive to have the touch already in place before the session begins.

*(continued on page 5)*

In the next issue, Part Two of this article will talk about bodyworkers wanting to incorporate Focusing in bodywork sessions. ✎

*Anastasia Brencick is a massage practitioner and certified Focusing Professional on Whidbey Island, WA. She has presented on this topic at Focusing International Conferences in California and Argentina. She may be reached at whidbeymassage.ab@gmail.com*

## References

Gendlin, E., & Cornell, A. W. (2011). On relating. Phone seminar.

McGavin, Barbara and Ann Weiser Cornell. (2008). Treasure maps to the soul. The Folio: A Journal for Focusing and Experiential Therapy, Volume 21, Number 1.

Omidian, P. (2011). Stories and focusing experiences from Afghanistan and Pakistan. Presentation delivered at Fourth Northwest Focusing Gathering, Vernonia, OR.

**Equality and sustainability.** I love that my Focusing partnerships are an equal exchange between me and my partners. Support from a trained, licensed therapist has been a lifeline for me in the past, particularly as I went through a difficult divorce. But there's something about Focusing partnership that feels like home to me. The quality of mutual support is one key to that.

Another key is the financial sustainability. For me, focusing regularly with a partner is like exercising or eating well: it is part of a healthy emotional life. If there's a lot going on in my life, I can schedule as many Focusing sessions in a week as I need to, without worrying about cost. But there is more to it than my finances. For years now, a voice in me has been saying, "This is great you can afford to pay for therapy when you need it, and for supplements, organic food, health insurance...but what about others less fortunate financially than you? Is it right that this is only accessible to people with certain financial resources—resources the great majority in the world don't have?" Focusing partnership has highlighted my values of integrity, caring,

and interdependence. My gratitude for all I have has been mixed with a troubled feeling, knowing that the way the world currently operates, these things are out of reach of a majority of people. When I focus with my partners, I have none of that uneasiness. I know anyone who wants to can access the resource of Focusing partnership, with the minimal initial investment of a book or some kind of class.

**An elegant solution.** Focusing partnership represents the kind of exchange of value that I'd like to have in every area of my life: free, flexible, mutual, synergistic, universally accessible.

Gandhi said, "Be the change you wish to see in the world." For me, Focusing partnership is a wonderful way to live that principle: an elegant tool in service of connecting with and contributing from my highest integrity, moment by moment. To know myself well enough to act from a place of integrity, to know others intimately, to foster creativity and growth, and to do all that in a sustainable way: that, for me, is "being the change." ✎

*Emily Agnew may be reached at emagnew@rochester.rr.com.*

# Saying Hello to a "No"

*by Manjudeva (Peter Gill)*

It's hard to say hello to something in us that says no. It takes a lot of trust to stay with it enough to listen and hear what that is all about.

Very often my first reaction is to want to push the no away. For so many reasons the no can be unwelcome; maybe we are in a situation that does not welcome it, others may find it hard if you express it or maybe inside of us, we find it hard to hold ambivalence or conflict. A no can be awkward and difficult to have.

But what would happen if we turned towards it, is it just a no?

Of course not. This no, the one you might feel right now is actually very specific and is saying no for a good reason. Our job in focusing is to show up and listen.

To illustrate this I want to share a focusing session I had on a retreat a few weeks back. It started with noticing an ambivalence, some kind of not wanting to be there. This was very familiar and made it even easier to push away. It used to be easy for me to then start giving myself a hard time about that...

Luckily this time I was curious. I said to myself "something in me doesn't want to me here". This kind of fitted but there was no sense of relief or yes. After sitting with it, I noticed thoughts about my family at home. With a 20 month old son. I find it hard to be away from home. Did I want to be at home? That didn't feel right either. What came then was an image of my family walking around the garden where we were. Ahh, that's what was wanted, for us all to be here together. As I sensed more, I realized that some part of me was really upset that there was a split in my life between retreats and family, and from that a whole sense of that split being there in the wider community I have been involved in. Something in me had not liked that all along! From there came a wanting... A wanting to live a more integrated life, where family and spiritual practice were not two separate things. I moved from a "no" to a wanting, a longing even... And there is still more there to explore.

I am aware too as I write this that this is my particular meaning and wanting.

It would be wrong of me to then want everyone to want this situation in their lives! Eugene Gendlin calls this implicit intricacy. As far as I understand it, this means that because each situation we are in is unique and each of our histories and life is unique, that from the outside of it, we cannot really say what is best for someone. We cannot say that this way of living, being or feeling will bring change and fulfillment. We actually have to "get inside" the direct sense of it to really know what would be right. I think this truth has profound implications, but at the very least invites us to be curious about what is happening right now when we sense a "no". Next time you hear one, take some time to be with it and hear its story. ✎

*Republished from Manjudeva's blog, Living Focusing: Reflections on Embodied Living <http://blog.livingfocusing.co.uk>*

# Connections

CONNECTIONS is a free bulletin board for announcements of Focusing workshops, classes, and events. Send us advance notice (in English, please) of your workshops and classes including specific dates. "Changes" groups are free of charge.

## In-Person Classes & Retreats

- AIRMONT, NY: Zen & Focusing Retreat, **Jan 25-27**, Roshi Paul Genki Kahn & Eleanor Buscher. 845-547-2004 or office@zengarland.com
- NEW YORK, NY: Focusing-Oriented Therapy & Complex Trauma: A 21-Day, 7 Module Program, starts **Jan 25-27**, Shirley Turcotte, Alexis Phillips & Shaun Phillips. 845-362-5222 or www.focusing.org
- HAMBURG, GERMANY: Focusing Grundlagenkurs 1 (Level 1), **Feb 9-10**, Beate Wuepper & Andrea Petersen. mail@beatewuepper.de, www.beatewuepper.de or 0049 (0)40 4807706
- BERKELEY, CA: Level 3, **Feb 16-17**, Ann Weiser Cornell. 510-225-0690 or www.focusingresources.com

• **CHACALA, MEXICO: Winter Focusing Retreat in the Tropics: Renewing Mind, Body & Spirit, Feb 9-16, Joan Klagsbrun, Rosa Zubizarreta, Bruce Nayowith, Mónica Gómez Galaz, Sara Snyder & Julian Miller. 845-362-5222 or elizabeth@focusing.org**

- WANGE, BELGIUM: Wholebody Focusing (in English), **Mar 6-8**, Astrid Schillings. www.focussenvlaanderen.be
- BERKELEY, CA: Level 4, **Mar 16-17**, Ann Weiser Cornell. 510-225-0690 or www.focusingresources.com
- NEAR MELBOURNE, VICTORIA, AUSTRALIA: Treasure Maps to the Soul Retreat, **Apr 5-11**, Ann Weiser Cornell & Barbara McGavin. 510-225-0690 or www.focusingresources.com

• **Lucerne, Switzerland: 25th International Focusing Conference Coming Home, May 29 - Jun 2, www.focusing-switzerland.ch**

- ABBOTSFORD, BC, CANADA: Treasure Maps to the Soul Retreat, Beginning & Advanced, **Jul 13-27**, Ann Weiser Cornell & Barbara McGavin. 510-225-0690 or www.focusingresources.com
- NIJENHOLTPADE, NETHERLANDS: Being Seriously Playful: A Focusing Approach to Being With Children (in English), **Jul 15-22**, René Veugelers, Harriet Teeuw & Nico Verschoor. 0031(0)113 551930 or email venv@online.nl

## Phone & Skype Classes

### (Skype is a free to use online software)

- Module 1 of Teaching Focusing, Demonstrations of Facilitating Focusing and Levels 1-4 (including Level 2 & Level 4 for Healing Professionals) all start in **Jan**, from Focusing Resources. 510-225-0690 or www.focusingresources.com
- The Power of Wanting: How Your Dearest Dreams Can Become Your Largest Life starts **Jan 16**, Lucinda Hayden. 510-225-0690 or www.focusingresources.com
- Other People: Relationships as a Source of Change starts **Jan 17**, Ann Weiser Cornell. 510-225-0690 or www.focusingresources.com
- Exploring Focusing & Meditation: Becoming & Being Fully Who We Are starts **Jan 22**, Jan Hodgman. 510-225-0690 or www.focusingresources.com
- Go For It! Focusing on Action starts **Jan 22**, Helene Brenner. 510-225-0690 or www.focusingresources.com
- Community Wellness Focusing: An Approach to Using and Sharing Focusing in Daily Life starts **Jan 22**, Pat Omidian & Nina Joy Lawrence. 845-362-5222 or www.focusing.org
- Module 2 of Teaching Focusing, Radical Gentleness and Levels 1-4 (including Level 1 & Level 3 for Healing Professionals) all start in late **Feb**, from Focusing Resources. 510-225-0690 or www.focusingresources.com

## Changes Groups & Associations

- VIRTUAL CHANGES GROUP: Meets twice monthly by phone. All welcome. See calendar at www.askmehouse.com. Mary Elaine Kiener me@askmehouse.com
- ARLINGTON, MA: meets one Sunday afternoon a month. www.arlingtoncenter.org/events
- NEW YORK, NY: Union Square area. Marsha Lipshitz, 212-734-9004 or syoung5@juno.com
- NEW YORK, NY: Westside, 1st Sunday evening each month. Larry Hurst larry.hurst@focus-in-touch.com or 917-595 6884
- NEW YORK, NY: NY Metro Focusing themed community meetings. http://www.nymetrofocusing.org
- CHICAGO, IL: Meets the 3rd Thursday evening each month. Chel Ferraro, chelferraro@comcast.net
- OAK PARK, IL: Chicago-area group meets Tuesday eves. Bebe Simon, 708-524-1114 or http://lgrossman.com/bebe

- EVANSTON, IL: Sunday nights 7-9 pm. Marsha Smith, 847-491-1062
- SANTA ROSA, CA: 4th Friday evening of each month, 6-8pm. Laura Dickinson M.A., laura@innerlifestream.com or 707-527-7352
- CORVALLIS, OR: Friday afternoons 1-3pm. Nina Joy Lawrence, 541-745-5377 or 9ajoy@comcast.net.
- RENTON, WA: 3rd Monday. Gail Beck 425-226-9139 or Merry O'Brien 425-271-6417
- SEATTLE, WA: Meets 2nd Monday most months, 7:30-9pm. Jane Nelson, JaneWN@aol.com
- VANCOUVER, BC: Every third Thurs afternoon Katarina Halm, HappyBones@telus.net or 604-263-9123
- MONTREAL, PQ: English Group, 3rd Tuesday evening each month, 7-9:30pm. Kit Racette, 514-968-0927 or kit@amindfulnessmoment.com
- MONTREAL, PQ: Meets monthly. Contact embodyingempathy@gmail.com for more details.
- MONTREAL, PQ: Solange Saint-Pierre at 514-384-3233
- OTTAWA, ON: Last Thursday of every month. Shulamit Day Berlevtov shulamit@inbox.com or 613-868-9642
- SASKATOON, SK: Focusing Community Practice Group meets once a month. New members should have training and experience in Focusing. Contact Dr. Esther Stenberg at stenberg.gpp.asr@shaw.ca or Sherry McDonald, RN, MAPPC (C) at sherry.mcdonald@sasktel.net
- SIMCOE CO/MUSKOKA, ON: One Sunday a month. Judy Archer, Orillia, ON. 705-325-2055 judyarcher@rogers.com
- LEEDS/HUDDERSFIELD, UK: Regular meetings, all fusers welcome. Contact simon@reflect.fslife.co.uk for details
- REP. OF IRELAND: The Irish Focusing Assoc. Quarterly meetings. Phil Kelly 01-4513207
- UNITED KINGDOM: For information about Focusing in the UK, and for workshop listings, please go to www.focusing.org.uk
- LEUVEN, BELGIUM: Regular meetings. For more information: tine.swyngedouw@gmail.com or go to www.focussenvlaanderen.be
- WORLDWIDE: Memberships, Focusing partnership service, worldwide support for Focusing. The Focusing Institute, 34 East Lane, Spring Valley, NY 10977. Phone/Fax 845-362-5222, www.focusing.org

*We only list workshops, Changes groups, and Focusing associations. To find a Focusing teacher in your area, see [www.focusing.org/trsearch](http://www.focusing.org/trsearch) or [www.focusingresources.com/irf/directory.htm](http://www.focusingresources.com/irf/directory.htm)*