



# British Focusing Association NEWSLETTER

Issue 9: July 2017

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Gendlin	• Experiencing and the Creation of Meaning
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Gendlin	• SAYING WHAT WE MEAN

*Symbols of the legacy gifted by Eugene T Gendlin*

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# From the Editors

## Gordon Adam



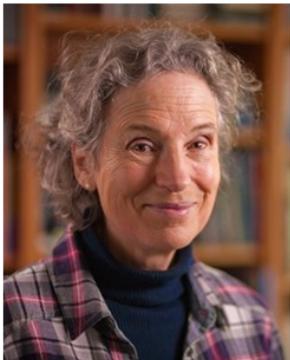
Just a few months ago it looked as if we might have quite a small issue this time round – however, amazingly – from somewhere, we have manifested yet another ‘bumper issue’ of 32 pages! This hasn’t just fallen into our laps however – a lot of outreach work is needed to invite and encourage and remind people to take some time to write something for inclusion. I would say that about half of the content in this issue has been sourced in this way – so, thank you to everyone who has risen to the call!

The subscription to the newsletter continues to increase at a healthy rate and currently stands at about 470 people – with the majority resident in the UK, but including subscribers from all over the world. Apart from going out to subscribers, the newsletter is made freely available on the BFA website, and is sent out as a weblink or pdf to many Focusing organisations and Facebook Focusing Groups. Please feel free to share it with anyone who may benefit from reading it.

Apart from producing this newsletter, my own creative Focusing-related activity in the last few months has largely centred around helping organise the first ever UK Summer Focusing Camp – this is an exciting adventure which will bring around 40 Focusers and their family together for 4 days of fun and Focusing at the end of August – see page 25 for full details.

[www.focusing.org.uk/Gordon-Adam](http://www.focusing.org.uk/Gordon-Adam) [gordonadam@blueyonder.co.uk](mailto:gordonadam@blueyonder.co.uk)

## Pamela Carr



It’s great to be part of such an amazing team effort and to work on this collaborative creative project. I counted at least fourteen people who have been involved in planning, producing and mailing out this latest edition of the BFA Newsletter. And I’m realising that each one of us benefits from that involvement in a variety of ways. In particular I sense that all the planning and writing carried out by our authors may also bring them opportunities and personal benefits from reflecting on their experiences of studying, using and sharing Focusing. The WebPages and email addresses make it easy for any of us to find out more and to link up with others who have similar interests.

So here’s another bumper Newsletter offering a wide range of Focusing-related subjects. Do contact one of us if you have even just a seed of an idea for a future issue, we would love to hear from you and to support your writing.

[www.focusing.org.uk/Pamela-Carr](http://www.focusing.org.uk/Pamela-Carr) [www.focusingforall.com](http://www.focusingforall.com) [focusingforall@aol.com](mailto:focusingforall@aol.com)

### *Credits*

Design & Layout: Gordon Adam

Photographs: Sue Akehurst, Gordon Adam, Pamela Carr, Fiona Parr

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Webmaster: Rob Matthews

Distribution: Gordon Adam

# From the Sofa

By Susan Jordan and Rob Foxcroft

It's been a while since you've heard from the joint Chairpersons of BFA, known collectively as the Sofa. Since the wonderful international conference in Cambridge last year things have been much quieter on the BFA front, but progress is being made in a variety of ways, from the Focusing community summer camp to a bursary fund which we are in the process of setting up in order to give people who couldn't otherwise afford it the chance to attend Focusing courses.

The annual gathering and AGM is a highlight of the Association's year, even when it is overshadowed by larger events like the conference. It's a chance for members to spend time together Focusing, discussing whatever needs to be discussed, offering and participating in workshops and simply enjoying each other's company. The AGM itself takes place on the Sunday morning after a weekend of activities. BFA now has 55 or so members – compared to less than 30 when I first joined – and the average attendance at an annual gathering is about 18. As you may well have seen from the website, our members offer a wide range of skills and interests. There are teachers of yoga, Nonviolent Communication and the Alexander technique, musicians, poets, performers, artists, activists, scholars and scientists, as well as counsellors and psychotherapists.

At last year's AGM it was clear that many of our members are committed to making Focusing more widely available in the community. Some are actively involved in projects using Focusing and Experiential Listening for community wellness and support. Abdul Matin Omary, a refugee from Afghanistan, has been working with the Afghan community in London and Alex Brew and Kay Hoffmann have worked with women who have been detained. Greg Madison, Chris Wilson and others are offering Focusing as a support for activist groups. The inclusivity bursary fund which we are setting up will be available to people from these different groups in the community. We are grateful to Suzi Mackenzie and other members of BFA's diversity subgroup for all the work they have put into this.



*Saturday night fun at the 2016 AGM*

Although at the moment BFA does not have a direct connection with the newly formed EFA (European Focusing Association), BFA member Fiona Parr is part of the committee which set it up and drafted its vision statement. The committee was interested in BFA's ways of working together as an association and our consensus model of decision making. A number of BFA members are now also members of EFA and we hope this will bring a wider international perspective to our association. At present BFA has several members who are based in Europe, either temporarily or permanently, including Astrid Schillings in Germany, Peter Kuklis in Slovakia and Ildiko Davis in Hungary. We are very pleased to keep our links with them.

Membership of BFA (formerly the British Focusing Teachers' Association) has always been for Focusing practitioners and teachers. At the AGM BFA stated its commitment to developing an open and inclusive community of Focusers. The form this community will take is still evolving, but the summer Focusing community camp organised by Gordon Adam, Kay Hoffmann and Camilla Sim will be an opportunity for people who are involved with Focusing to come together. Karunamati and some other BFA members have been working on a questionnaire which will be sent out as widely as possible to the Focusing community, so that we can find out what Focusers would like from BFA.

We are now in our third year on the BFA Sofa. We're very pleased at all that's been happening in BFA and look forward to further developments as new members joining us bring fresh ideas and different perspectives.

**Susan Jordan** is a sofa-person of the BFA together with Rob Foxcroft. She has been a Focusing practitioner and teacher since 2003 and is also a Core Process (Buddhist-based) psychotherapist and supervisor. She runs workshops on Focusing for Psychotherapists and Focusing for Writers and is interested in the crossovers between Focusing and Buddhist meditation.

Besides teaching Focusing and being a committed Focuser, she is a writer and poet; her first poetry collection will be published in 2017. She lives in Devon, close to Dartmoor, and loves the moor and the south Devon coast.

[susanjord@gmail.com](mailto:susanjord@gmail.com)



**Rob Foxcroft**

*Early on, I was blessed with three teachers who were gentle, musical and kind: Philip Radcliffe, Guy Jonson and Maisie Aldridge. I began to teach. I looked for ways for human beings to learn and grow and relate to one another that would not be essentially authoritarian, but respectful, benevolent and free.*

*In 1988 I went to Chicago to study with Gene Gendlin and became a Focusing Coordinator. I studied the person-centred way of being with Brian Thorne and his colleagues. Now I teach piano-playing, offer spiritual accompaniment, and teach people the principles of meditative listening.*

[rob@robfoxcroft.com](mailto:rob@robfoxcroft.com)

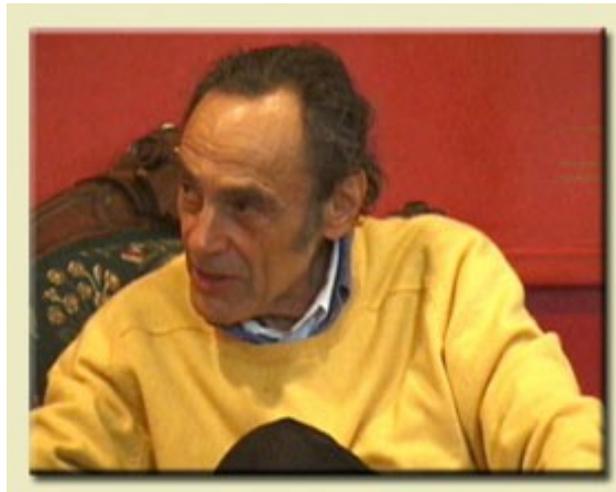
## 28th International Focusing Conference: Yucatan, Mexico: 6th—10th March 2019

We are delighted to announce that the next International Focusing Conference will be held in Merida, Yucatan, Mexico from 6th—10th March 2019.

See the conference website for further information <http://focusingconference2019.mx/>

# In Remembrance of Gene Gendlin

By Pamela Carr



*25th December 1926 – 1st May 2017*

Since Gene's death in New York on May Day this year, many words of appreciation have been written about him as a person, about his research and teaching and the immeasurable value of the processes and philosophies he developed and has bequeathed to us all.

I never met him in person, but enjoyed the next best thing which was to be a participant in several online classes with Gene and Ann Weiser Cornell. I loved the way he taught by going slowly and carefully with each person who joined him in discussion, and by sharing his own process and stories at the same time. I was touched by his warmth and humility, his wisdom and his love of not knowing. A few days after his death, I joined Jan Hodgman in an online 'Circle of support to share feelings and memories of Gene' where we all were touched by some of Gene's best-known sayings: "Oh, I'm so glad," and "Always and already be welcoming to everybody and everything," "A little honesty goes a long way," "Interaction first..." and "Let's be fair and gentle with that..."

I'm sensing that Gene would want us to attend less to his life and more to the living energy of his words and processes, to look where they point, and each of us in our own way to carry these forward in our own lives and our work with others. For me this includes:

- Clearing a space and spending time with whatever is fuzzy and unformed
- Thinking At The Edge of what I already know
- Exploring the implicit meaning of experiencing
- Finding ways to bring Focusing into everything I already do - to help bring a whole sense of situations, events, relationships and processes and to allow shifts to happen, new understandings to arise and new action steps to come.

And for now, I'm acknowledging and appreciating the many sources of the treasure he has given and is still giving us: Focusing Teachers and Practitioners, especially those who have studied with him in person over the years, his books, his extensive texts, many of which are on The International Focusing Institute's web pages, and the videos and recordings of his teaching, created over time by Nada Lou and Focusing Resources and others.

## **The International Focusing Institute**

The International Focusing Institute has set up dedicated Web Pages with an Obituary, Gendlin in images, Shared Experiences, Media Coverage and Quotations from his book 'Focusing.'

On Saturday 12 August, at a venue in downtown Manhattan, there will be a celebration of Gene's life with a public Memorial Service in the morning, followed by an afternoon symposium. The International Focusing Institute is inviting donations to a fund which is being set up in Gene's name. Contact TIFI for more information.

#### References:

Image of Gene Gendlin credited to *Nada Lou* [www.nadalou.com](http://www.nadalou.com) [nadalou@nadalou.com](mailto:nadalou@nadalou.com)

The International Focusing Institute: [www.focusing.org](http://www.focusing.org) [info@focusing.org](mailto:info@focusing.org)

The International Focusing Institute dedicated web pages: [www.eugenegendlin.com](http://www.eugenegendlin.com)

#### Pamela Carr

[www.focusing.org.uk/Pamela-Carr](http://www.focusing.org.uk/Pamela-Carr) [www.focusingforall.com](http://www.focusingforall.com) [focusingforall@aol.com](mailto:focusingforall@aol.com)

## If I Keep Nothing Between... a Tribute to Gene Gendlin (25<sup>th</sup> Dec 1926 – 1<sup>st</sup> May 2017)

By Patricia Foster

*If I keep nothing between, you can look into my eyes and find me. You might not look, of course. But if you do, I won't hide. Then you may see a very insufficient person. But for contact, no special kind of human being is required. This fact makes a thick peacefulness.*  
Eugene Gendlin (June 2016)

Truly Gene's words, simple words, from the core of his being, lay bare the love, beauty and ultimate belief he had in people. All of this so intricately and yet so simply expressed, has carried forward into the world environment, his felt sense of the human being. He generously gave his precious gems so easily, freely and simply, and left for us all his word reminders of felt meanings and understandings that we have long forgotten or in our daily interactions may often forget.

*Experience is a myriad richness:  
We think more than we can say;  
We feel more than we can think;  
We live more than we can feel.  
And there is much more still.*  
Eugene Gendlin

There, in between the depth of his words, comes alive that sense of his living, of the carrying forward in a life serving direction that he dedicated his life to. This is his legacy, an eternal fountain of aliveness for all to drink from. With Focusing, he gave us the cup and wherewithal to be able to dip into the fountain and partake of that clear, refreshing and reviving sense of living forward. AND with his Philosophy of the Implicit, he presented us with his own magic recipe of how to mix and create in order to find, see, nourish, rebuild, reinvent and carry forward the many different strands and avenues we call Life. AND, as all truly free spirits do, he encouraged those who drank from the fountain and cooked with his recipe to go forward and create his/her own recipe(s), individual in flavour and form, to be tasted and shared with equal freedom of spirit.

What a rich, never-ending luscious and nourishing table, a constant revelation of different experiencing.

This is how I experienced the passing of Gene Gendlin on 1st May 2017 – sharing individual and personal memories with people around the world in a reverent circle at a Treasure Maps of the Soul Workshop on Aegina, Greece. I remembered the first FISS in August 2006, where I had the privilege to hear Gene present *The Town and Human Attention*, and the sense of his profound ability to present incredibly complex interwoven ideas and concepts with an all encompassing simplicity which echoed very profoundly our present future.

I am still holding that sense of awe and amazement at his insights and how relevant they are today. I feel a palpable sense of loss and at the same time gratitude that this person has been in our world and that I, like many others, has been touched by his interaction on so many levels, seen and unseen, known and unknown and all of that neither will, nor ever be, lost. His timeless yet always fresh wisdom and message is truly embodied within all of this space we call the world.

Thank you Gene Gendlin forever with us in a thick peacefulness...

### References:

Gendlin (2016). 'If I Keep Nothing Between' *You and I – The Person in There* [www.awakin.org](http://www.awakin.org)

Gendlin (2007). 'Experience is a Myriad Richness' *Focusing (Bantam Books) (1st Ed. 1978, Everest Books)*



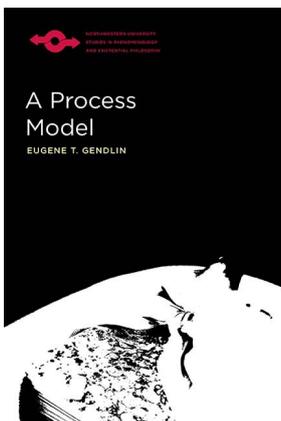
### Patricia Foster

*I came across Focusing in 2002, a process which ultimately widened, deepened and expanded my life direction and continues to. From the world of business and finance I stepped into the therapeutic world, training as a Person Centred and Focusing Oriented Therapist and a Focusing Trainer. From 2010 TAE, NVC and Caring Economics became other natural steppingstones in my journey. However, my love and enthusiasm for Focusing is due to the fact that as a skill it has such a wide application and is effective in all fields without exception. For me, it is an essential life skill, for both personal and social development, within and without, respectively.*

[www.focusinglifefskill.com](http://www.focusinglifefskill.com) [info@lifefskill.com](mailto:info@lifefskill.com)

## Two New Publications by Gene Gendlin

These new publications, by Northwestern University Press, are both due for publication in November 2017, and can be pre-ordered from the publisher.



**A Process Model:** Eugene T. Gendlin;

Foreword by Rob Parker.

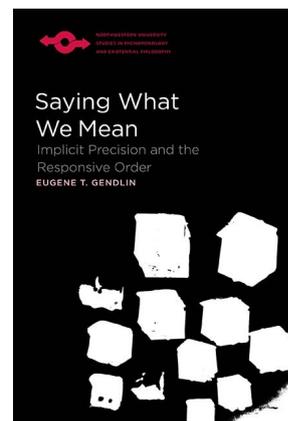
Northwestern University Press.

<http://www.nupress.northwestern.edu/content/process-model>

**Saying What We Mean:** Implicit Precision and the Responsive Order.

Selected Works by Eugene T. Gendlin, *Edited by Edward S. Casey and Donata M. Schoeller; Foreword by Edward S. Casey.* Northwestern University Press

<http://www.nupress.northwestern.edu/content/saying-what-we-mean>



# Untangling Parts of Ourselves: Focusing with Complexes and Archetypes

*An interview with Matthew Harwood – Jungian Therapist & Focuser*

By Helen Bower

Focusing and IFS [Internal Family Systems] are more advanced ways of doing what Jung called 'active imagination'....

*Matthew Harwood*

This article arose from an interest in how Focusing has the potential to untangle conflicted parts of ourselves and lead to greater self-acceptance. I explore what 'parts' of ourselves might be and where they come from.

I found the 'Untangling' approach, from Ann Weiser Cornell and Barbara McGavin, to be enormously useful. On their 'Treasure Maps' retreat I met Matthew Harwood. He is a Jungian Analyst from Bath who incorporates Focusing into his therapy work. He also trained in Internal Family Systems (IFS) and uses it widely and successfully. These two approaches have strong parallels as both work with parts so I thought it would be interesting to interview him.

The notion of a part, here, refers to an aspect of oneself that has an agenda, viewpoint, or feeling, that may conflict with that of other parts. For example, if exercising, one part may be urging me to stop, while another is willing me on. Parts can make themselves known through judgements, impulses, strong feelings, images, habitual thoughts, etc. They can hold us back or cause suffering in certain situations. They can be evident when making tricky decisions.

A part can be such a well-worn habit that we identify it as 'me'. This is limiting as it is only *part* of 'me'. As a part of us it has more scope to change. Because they have an agenda, they are distinct from 'Presence', which is curious and open. Presence is not just about creating peace. It can create a safe relationship with complex and tricky aspects of ourselves.

## **Treasure Maps 'Untangling'**

Ann and Barbara's 'Untangling' approach works with deeper life issues, such as craving, depressive feelings, action blocks, or addiction. Inner Relationship Focusing introduces a powerful 'presence language' to support the process.

Ann and Barbara found that sensing into present experience was not enough to address underlying issues. They apply a loose model of types of parts (see below) and certain assumptions. For example, if there is discomfort, there is likely to be another part that wants to get rid of it. If there is a critical part, there is likely to be another part that feels the criticism, and another part that is defending this hurt place from further upset, and so on. These 'tangles' can become quite embedded and can be very hard to see clearly. Attempting to solve one aspect can aggravate or intensify another part; like pulling at an end of a tangle of wool that just tightens the knot.

Tangles result from *stuck process*, where emotional difficulty or trauma leads part of us to become frozen and blocked. Ann and Barbara found that developing a relationship with each part, particularly those that wish for another part not to be there, is a key to change. Like any relationship, it involves acknowledging, listening, understanding, dialogue and appreciation. This involves accepting these entangled parts and, from Presence, letting them be exactly as they are for as long as they need to be

(see their excellent book *'The Radical Acceptance of Everything'*). Thus, the change occurs from relating to the stuck place or aspects that feel impossible. This is where the 'treasure' lies.

Each type of part needs slightly different support to be felt and engaged with, so it can be useful to recognise general types. They are not fixed 'things' but more of a process, so are not seen as existing independently (see *AWC comments at end of article*). Ann and Barbara found three typical types of parts:

- Protectors** - future-oriented aspects that cannot act in the world; often anxious or noticed as critical voices (formerly 'Controllers').
- Defenders** - impulsive and present-oriented; often noticed as behaviours, resistance, compulsion, drive etc.
- Small Ones** - feelings that lie underneath, often too overwhelmed to fully express themselves until they feel safe. However, they can be closest to the source of past pain and its potential for resolution.

### **Internal Family Systems**

A very similar model is used in IFS. This is an approach, developed by Richard Schwartz, to engage with sub-personalities and their positive intention. He came up with three similar part-types. Ann and Barbara have exchanged ideas with Richard, and his ideas have likewise influenced them. Matthew does a good job of explaining IFS so I will leave that bit to him.

### **The Interview:**

#### **Helen: So, Matthew, how did you come across Focusing?**

Matthew: I first came across Focusing in about 1980, when I was a barrister working in Kenya. I went for a walk through the streets of Mombasa and, in a bookshop, found a copy of Eugene Gendlin's book 'Focusing'. I tried to apply it on my own and of course it didn't work very well so it went up on a shelf. But I didn't forget about it completely. Years later, I learned that one of the world's leading Focusing teachers, Barbara McGavin, was living near my home, so I attended some of her workshops.

#### **How has Focusing impacted on your work as a therapist?**

Well, it has been incredibly helpful. With a few of my clients I do formal Focusing. With most of them we do conventional psychotherapy, but weave bits of Focusing in whenever there is an opportunity. I've got an ear open for when there is a hint of a felt sense and invite the client to stop telling their story and stay with the felt sense to see what might unfold.

As far as I'm concerned, Focusing and IFS are more advanced ways of doing what Jung called 'active imagination'. Jung was very keen on using 'active imagination' with his clients and, if he'd been alive today, I have no doubt that he would have been very enthusiastic about these new ways of doing it.

#### **How have Treasure Maps impacted on your work?**

Well, learning the Treasure Maps approach was a real leap-forward for me. The idea of parts wasn't new of course. As a Jungian, I'd been working with parts since I was trained. But Treasure Maps gave me a whole new map – a new way of understanding the different parts and how they interact.

#### **Where do 'parts' come from?**

Jung famously recognised that each one of us has several sub-personalities, initially through his work on complexes. A complex is a cluster of feelings, memories, associations, thoughts, fantasies etc. which have aggregated around a common theme – for example, the theme of 'mother', 'self-esteem' or whatever. They are always characterised by what Jung called 'affect' – meaning strong emotional feeling. If you are at a dinner party and you say something innocently and the person you are talking to flies off into a rage for no apparent reason, you know that you have trodden on a complex!

Jung discovered that, at the core of every complex, there is something which he called an archetype. The word is often misunderstood by lay people as figures like warriors or wise old women or whatever. Those aren't the archetypes in themselves, but their symbolic expressions. Jung said we are all born with certain archetypal configurations. These very quickly bump into the harsh realities of the world and develop into complexes. When we are dialoguing with parts, we are dialoguing with complexes.

### **How did you come across Internal Family Systems?**

I originally got into IFS work through seeing a reference to Richard Schwartz's work in one of Ann Weiser Cornell's books.

### **Tell me about IFS?**

Richard Schwartz started as a Family Systems Therapist, working with families where something has gone wrong. They get the whole family unit together and talk to each of them in turn. For example, if little Johnny is acting up with a lot with disruptive behaviour, the trick is to talk to him in a way that makes him feel understood but at the same time to prevent the other members of the family from jumping in or criticising him and so on, with all the members of the family in turn. Part of Richard Schwartz's genius was to apply his techniques to working with the internal family – all the parts.

### **What is the IFS process?**

I ask the client to tell me how they are experiencing the part that seems to be causing the problem – which is of course a felt sense. The next step is to ask how the client feels towards the part. If they say, for example, they feel angry towards it then you know there is now another part. So, you get them to work with the Angry part to see if it will agree to move aside. The more that Concerned parts move aside the more the client moves effortlessly into 'Self'. It is quite miraculous to watch this process. The client invariably talks about feeling 'more spacious', compassionate and open towards the original part.

Sooner or later it usually becomes clear there is an 'Exile/Small One' underneath the problem. This may happen in one session or many. Exiles are nearly always suffering from some early trauma. Once you have listened to, and understood, the Exile's suffering and memories, then there are certain typical ways of helping it to heal, such as an 'unburdening' ritual or 're-parenting'. Often the Exile is quite transformed in the process – released from its pain and free to take up a new role in the psyche. And then the client's problem is often transformed too.

### **How is IFS like Treasure Maps?**

Well, they are both working with parts and they have both stumbled upon the same triad of typical parts. They have however given them slightly different names:

#### **FOCUSING**

Controllers/Protectors  
Defenders  
Small Ones

#### **IFS**

Managers  
Fire-fighters  
Exiles

Both Focusing and IFS agree that Inner Critics are not treated as enemies to be pushed away.

### **What do you see as the main differences between IFS and Focusing?**

IFS tends to be more directive. There is more of a systematic approach, more of a map. Focusing puts emphasis upon connecting with the felt sense and then following the unfolding process, using the felt sense as the guide. With IFS, we are pretty much always doing parts work. With Focusing we sometimes do and sometimes don't.

### **Have you noticed any pitfalls, working with parts?**

Often the process unfolds quite easily. But there are times when it's very tricky work, especially with disturbed clients. The danger is that you are liable to trigger Protector parts (i.e. Managers and Fire-fighters)

who will get worried and may do anything to attack you or the client, or try to sabotage the work in some other way. It is usually a very delicate process when most clients start getting close to a 'Small One/Exile', not just disturbed clients.

In any of these situations it is important to go extremely carefully and respectfully, always checking whether there are any other parts which would get upset or concerned. And, if there are, you get their consent, never forced, or go no further. It can sometimes take a lot of patient diplomacy.

### **What has been the most useful thing about Focusing?**

Focusing has provided me, again and again, with invaluable opportunities to help my clients get underneath the narrative, the 'story-telling', and access the deeper experiencing at the heart of the problem. It helps me monitor what is going on inside of my own feeling-body-experience while listening to my clients. And, together with my meditation practice, Focusing enables me to refresh and regenerate myself when the work has taken a toll.

My appreciation to Matthew for sharing his interesting ideas about how Focusing relates to Jung's ideas. This helps put Focusing into a wider historical and therapeutic context, and to enter wider debates about psychology, human complexity and inner freedom.

### **Comments by Ann Weiser Cornell:**

*"A very interesting article, and a lovely interview! I absolutely love the definition of Tangles, and the underlying assumptions of our work. You state that we believe that parts do not exist (you say "independently", but I think a more accurate word would be "permanently".) Glad you mentioned that! This is a major difference between our work and IFS, in which Schwartz believes that people are born with parts and will always have them. Barbara and I see parts "melting" during untangling.*

*Matthew says that our three parts are the same as Schwartz's, but they are not. They are strikingly similar. However, for Schwartz, Managers can act in the world... ..These uneasy alliances between parts can be what makes situations so Tangled. Also, Schwartz calls the third part "The Exile" as if it is the only part-type that can be exiled... but in our experience, any type of part can be exiled. Lovely to be written about so intelligently!"*

### **Postscript**

A longer version of this article is available from Helen (contact details below). For more information on Treasure Maps see <http://focusingresources.com/?portfolio=treasure-maps-to-the-soul>

**Helen Bower** is a BFA Focusing practitioner. She works as a work-based tutor in the care sector and lives in Stroud, Glos. If you would like to talk more with Helen about her article, or for the longer version, feel free to contact her.  
[helengoeswalkabout@yahoo.co.uk](mailto:helengoeswalkabout@yahoo.co.uk)



**Matthew Harwood** is a Jungian Analyst practising in the Bath & Bristol area. He trained at the CG Jung Institute, Zürich. He is a senior (training) analyst with the Independent Group of Analytical Psychologists (IGAP) and the Guild of Analytical Psychologists (GAP). He is also trained in EMDR, Internal Family Systems Therapy (IFS), and Pesso Boyden Group Psychotherapy. Matthew has studied Focusing with Barbara McGavin in Bath.  
[www.matthewharwood.co.uk](http://www.matthewharwood.co.uk) [matthew.harwood@zen.co.uk](mailto:matthew.harwood@zen.co.uk)

# Children Focusing in the UK

By Sara Bradley

Children Focusing (CF) is the internationally understood name for ways of Focusing with children and adults, which makes use of movement, play, and/or external materials to help identify and express the felt sense and its meaning, and to carry it forward. CF seems to be little known about in the UK, but has an international following within the broader Focusing community. There are bi-annual international Children Focusing conferences being hosted all over the world. The last one was in Greece in October 2016, and the next one will be in Italy in 2018.

Meanwhile, here in England in March 2017, in the quiet and beautiful town of Malvern in Worcestershire, a respectable number of interested Focusers from various parts of the country gathered together to discuss Children Focusing in the UK.

The day was conceived by Sue Akehurst, Camilla Sim, Manjudeva Gill and Sara Bradley – a small group of Focusing practitioners who came together to form Children Focusing UK (CF UK). We were brought together by our acquaintance with Rene Veugelers, a well respected CF trainer and coordinator in the Netherlands. Our vision for the day was to share our passion for Children Focusing and to bring together others who were doing, or were interested in CF.

The morning session was for Focusers who were either already involved with CF, or who were interested in being so, to meet and be with each other: to see who we were as a group and to hear about what we were doing in Children Focusing, and what our vision was for the future. The afternoon was extended to members of the public who were interested to find out more about this way of being with children. There was a choice of three short practical workshops in the afternoon, each offering a CF activity.

## A flavour of the day

As we were invited into the meeting room, it was suggested that we might like to select one or two (or more if preferred) small toys from the array of small characters on the table by the entrance. The items were to reflect something about how we were in that moment on that day. The CF had begun! Participants took their time to carefully check in with their felt sense, and to select the toy or toys which most accurately symbolised this.

After an introduction to the day by Sue Akehurst, who organised the day, we were invited to introduce ourselves, using the toys we had selected as a way in to authentic relating. As each person took their opportunity to say something about themselves, the rest of the group had the honour of hearing something real and authentic about that person, contributing to a sense of acceptance and ease within the group.



The first activity was to explore, with art materials, our inner process from first hearing about the CF day to arriving here today. People spread out across the generous space available, with paper, crayons, glue, and various other craft materials to once again connect with and symbolise their felt sense.

Following this we found a partner and took turns to listen and accompany the other in exploring their artwork. As I looked around I noticed a common theme of joy at discovering this group – a sense of family/tribe/belonging – in contrast to feeling isolated in the area of CF.



Tea-break and time for mingling and getting to know each other more between bites of cake and sips of tea...

Next on the agenda was a small group activity to discuss our enthusiasm for CF; what projects/work we are currently or have in the past been involved with in this area; and what we would like to come out of the day. This was all recorded on large post-it notes in the different groups, and then taken back to the large group where each group stuck their notes up on the wall for the whole group to see. Further discussion ensued with each small group feeding back something about what their group had discussed. A general buzz and a feeling of excitement and possibility marked the end of the morning session.



The afternoon session welcomed a few more participants – members of the public, and said goodbye to those from the morning who couldn't stay.

It began with Simon Kilner, International CF coordinator, guiding the group to take some time to get in touch with the inner felt sense of their name, and to say it out loud to the group in a way which reflected how it felt inside.



Keeping the connection with the felt sense of our names, we were invited to make name cards in a way which again symbolised this felt sense.

This activity produced a beautiful circle of colourful name cards on which were crafted names written in ways that communicated something more than just a name...

The three workshops were offered next and disappointment was expressed by participants that they could only choose one – we were an enthusiastic group!



In the end, two workshops ran: Camilla Sim did a non-verbal communication workshop, based on Rene Veugelers' model, and Sara Bradly did a Focusing with art workshop, based on her MA research in this area with children.

The day went hurtling towards its end, with the large group reconvening for the last time after the workshops. Manjudeva Gill led the group to turn our attention within and to see if there was a word or phrase to express how we were feeling now, at the end of the day. What came was a collective expression of a carrying forward of experiencing!

As the day ended and goodbyes were exchanged, the four of us reflected on what a valuable (if exhausting!) day it had been. It had not long ago existed as a mere idea in Sue Akehurst's mind, and now it had become something real and tangible, with a definite sense of something more to come...

Since writing this article, I can confirm the exciting news that CF UK have organised a Children Focusing day with Rene Veugelers, to take place on Thursday 6th July, at the University of East Anglia in Norwich, Norfolk. This will be a fantastic day and a rare opportunity to experience one of Rene's workshops right here in the UK. (See 'Workshops & Events' Listing in this newsletter for further information)

Further information about Children Focusing UK can be found in the Facebook pages 'Children Focusing UK' and 'Children Focusing International' and also the Children Focusing UK website [www.childrenfocusinguk.org](http://www.childrenfocusinguk.org)

*Photos by Sue Akehurst*

**Sara Bradly** lives in Norwich, UK. She discovered Focusing in 2011 on her Counselling Diploma course at the UEA, and immediately recognised it as a powerful resource for personal development. Sara is a Personal Development Group Facilitator at the UEA, and assists on the Post Graduate Certificate Focusing Oriented Therapy course at the UEA. She also has a private counselling practice in Norwich. Sara is currently studying at the London Focusing Institute to become certified as a Focusing Oriented Therapist and trainer. She has a passion for Focusing with Children and did her MA research study on Focusing with Children in Schools. She would like to see Focusing adopted by schools, and sees herself working towards this in the future. [sara.innerfocus@icloud.com](mailto:sara.innerfocus@icloud.com)



# BioSpirituality: A Brief Overview

By Lesley Wilson

*BioSpirituality is based in the understanding: that the processes of spiritual growth and wholeness are grounded and experienced in our body. They are bodily felt, known and understood in some body-way, not only known and understood by the mind. This body dimension is the keystone of Bio(Body)-Spirituality.*

In our ongoing process of spiritual growth toward wholeness, most of us encounter our own uniquely felt longing for a greater sense of belonging, of connectedness with that Larger Body or Process that we have called by many different names: God, the Body of Christ, the Tao, the Great Spirit, Allah. At times we are graced with glimpses of our divinity, inner experiences of communion and one-ness with that Larger Body, and we become aware at such times that we are in the presence of some Mystery that is “beyond all names” and which comes to us as a Gift. As we take time to savour such an experience we may notice that it is in our **body** that we feel it and through our **body** that we know it. The experience of our connection with that Larger Body is **felt** – not in our mind but in our own human body.

BioSpirituality is based in this understanding: that the processes of spiritual growth and wholeness are grounded and experienced in our body. They are bodily **felt**, known and understood in some body-way, not only known and understood by the mind. This body dimension is the keystone of Bio(Body)-Spirituality.

The implications of this are huge and were recognised by two Catholic priest-psychologists in the USA, Dr Edwin McMahon and Dr Peter Campbell, as they were researching in the 1960s into “What is healthy spirituality?” But it wasn’t until they came across the work of Dr Eugene Gendlin at the University of Chicago, that they found the “missing piece” which would take their work forward in an exciting way.

Gendlin had been working on “What is healthy psychology?” and had studied the process of client-centred therapy with Carl Rogers. He discovered there was a specific inner process happening in those of his clients who successfully grew and changed during the process of therapy and were able to move on in their lives. He was able to identify the nature of this inner process sufficiently to describe a series of steps these clients were taking inside themselves, as they connected with their inner process of change. He tested and refined his understanding by teaching these to others and the resulting series of steps he called “Focusing”. The key to this process, he found, was that the client was in touch with the body feel of their issue; they were taking time to notice how the whole thing felt, how it was being held now in their body and where it was held. Then they were patiently waiting, spending time with that body sense and allowing it to speak to them in its own way, so they could listen to its story **as told in the body**. It was this that allowed the process to move forward and change to come.

Campbell and McMahon trained and collaborated with Gendlin, and began teaching Focusing to others. They realised that the Focusing process depended on the recognition and allowing of a “gift dimension” to operate within us: the changes that come in the body-sense as it unfolds its meaning, cannot be forced or made to happen; they are not within our control but come as gift. They gradually developed additional steps and their method of teaching came to be called BioSpiritual Focusing.

*They realised that the Focusing process depended on the recognition and allowing of a “gift dimension” to operate within us: the changes that come in the body-sense as it unfolds its meaning, cannot be forced or made to happen; they are not within our control but come as gift.*

These practical steps of the BioSpiritual Focusing process are available to be learned by anyone who wishes. The process offers a way to be with our everyday emotions, feelings and senses that allows them to become doorways into this inner dimension of bodily felt wisdom; and once in touch with this in our own body, we can begin to journey with the unfolding process of change, growth and healing within our inner landscape – and we learn that this journey is the very process of wholeness. The BioSpiritual Focusing process encourages us to feel and own what is truly real within ourselves, even those difficult, fearful, hurt or painful places; and as we allow more and more of those previously unheard parts of us to “come home” in this safe and gentle way, so we begin to sense true freedom: the freedom to be who we really are.

By its very nature, BioSpirituality is universal, grounded as it is in the experience of the human body. What excited McMahon and Campbell was the potential for a practical global spirituality based on the body’s felt experience of our existence in the One Body and its Gifting Process. They continued their research into this and in 1975 founded the Institute for BioSpiritual Research in California. Today this provides the focal point for a network of teachers and facilitators of BioSpiritual Focusing throughout the world, supporting many people who through Focusing are beginning to make changes in their lives as they include the bodily felt dimension in their spiritual practice and in daily life.

Further information about BioSpirituality, including BioSpiritual Focusing sessions in the UK, can be obtained from Lesley Wilson (*see below for contact details*).

Further resources:

The BioSpiritual Institute [www.BioSpiritual.org](http://www.BioSpiritual.org)

‘BioSpirituality: Focusing as a Way to Grow’ by Peter Campbell and Edwin McMahon (2<sup>nd</sup> Edition. 1997)

‘Focusing as a Doorway to Spiritual Growth’ by Lesley Wilson and Addie van der Kooy

<http://www.focusing.org.uk/focusing-doorway-spiritual-growth>

‘Caring Feeling Presence’ by Kate Brightwell <http://www.focusing.org.uk/caring-feeling-presence>

Nada Lou’s website [www.nadalou.com](http://www.nadalou.com) (DVDs on BioSpiritual Focusing)



### **Lesley Wilson**

*My Focusing journey began in the early 1980’s when Gendlin’s original book quite literally fell into my arms, off a shelf in a Totnes bookshop! This led me to train in Inner Relationship Focusing, BioSpiritual Focusing and Wholebody Focusing. Since childhood I have always had a strong sense of connection with nature and the Earth, and I sensed that Focusing fitted well with this. When I first experienced BioSpiritual Focusing at a Dublin retreat in early 1990’s led by Campbell and McMahon, I felt I had “come home”. Since then I have regularly taught BioSpiritual Focusing workshops and a group of us invited Campbell and McMahon to present three Retreats in the UK. I also coordinated the UK BioSpiritual Focusing Association which continued until 2013. I am now retired, but I do still offer guided BioSpiritual Focusing sessions online (Skype/Zoom) or by telephone.*

[lwilsonBSFA@talktalk.net](mailto:lwilsonBSFA@talktalk.net)

# The God whom I love is inside...

## Your Body is Your Home

Yet in the deepest sense, the body is the most intimate place.  
Your body is your home;  
your body is the only home that you have in this universe.  
The body is in the soul; this recognition confers  
a sacred and mystical dignity on the body;  
the senses are divine thresholds.

*John O'Donohue*

## A Place to Sit

Don't go outside your house to see flowers.  
My friend, don't bother with that excursion.  
Inside your body there are flowers.  
One flower has a thousand petals.  
That will do for a place to sit.  
Sitting there you will have a glimpse of beauty  
inside the body and out of it,  
before gardens and after gardens.

*Kabir (tr. Robert Bly)*

## A Jar We Break

All concepts of God are like a jar  
we break,  
because only the infinite can  
contain perfect love.

*St Teresa of Avila*

## The Clay Jug

Inside this clay jug there are canyons and pine mountains,  
And the one who makes canyons and pine mountains.  
All seven oceans are inside, and hundreds of millions of stars.  
The acid that tests gold is here, and the one who values jewels,  
And the music from the strings that no one touches,  
And the source of all water.

If you want the truth, I will tell you the truth:  
Friend, listen: the God whom I love is inside.

*Kabir (Tr. Robert Bly)*

*Poems compiled by Gordon Adam*

# Coming to Rest in Presence

By Addie van der Kooy

By writing the following article I would like to gauge the interest among the BFA community in a project that I feel has the potential to enhance and deepen the quality of our Focusing, whether we are listening to ourselves, our fellow members, our students or clients. The idea for this project comes from an observation in my work as a Wholebody Focusing practitioner/trainer, that *without fail* each time someone is in what I call “embodied Presence”, his or her Focusing becomes noticeably crisper, clearer and gains significantly more depth and safety for healing and even life-changing shifts to take place.

What do I mean by “embodied Presence”? The words point to an experience of having a bodily felt sense of your own aliveness and your own natural connectedness with the supporting and nourishing Life that surrounds you (through awareness of the ground, chair, breath, felt space/air/silence and anything else around you that awakens a sense of feeling supported).

In my experience, the felt sense of “being in Presence” is at least as important as a felt sense of anything else that needs your Focusing attention. It resources you in ways that are beyond your own making and allows you to be with your process in ways that create a safe space for deep healing shifts. It also allows your body and mind to unwind (Gendlin: “*uncramp*”) and recharge as you rest in your own sense of aliveness, whilst feeling held by the Life surrounding and supporting you. For instance, for most of my trainees, the experience of feeling energetically “plugged into” their own connection with the Earth (either through contact with the ground or with surrounding felt space/air/silence) seems to lift their Focusing to a whole new level.

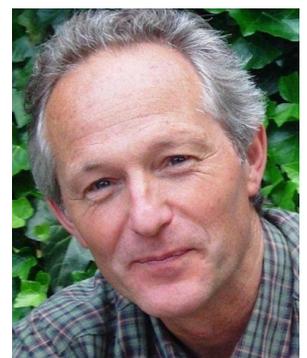
What I have also observed is that it takes time and on-going practice to be able to not only easily access such embodied Presence, but also maintain and deepen your rootedness in Being. Someone may have had a deep experience of being “in Presence” during a guided session or a workshop but then struggle to access Presence on their own.

And this is what the proposed project is about. To provide a regular on-line opportunity for any Focuser – whether experienced or still learning – to meet up, be guided into and come to rest in a sense of their own “embodied Presence”. These virtual sessions do not have to be long (up to 60 or 90 mins) but would include time for sharing and troubleshooting. A small team of Focusing teachers will be the guiding hosts for these group sessions, for which there will be a modest charge.

To do this in a group setting brings with it the added bonus of what I call the “collective field of Presence”. Doing this with others generates a collective energy field that will then nourish and deepen the individual experience of Presence, which in turn strengthens the collective field, and so on.

It would be helpful at this stage to get an idea of the level of interest in such sessions. If you are interested, please email me at the address below, so that we can put you on our mailing list if we decide to go for it! Please feel free to pass this article on to anyone you think might be interested in this project.

**Addie van der Kooy** is a BFA member and a TFI Certifying Coordinator in Wholebody Focusing. He has been working for almost 18 years with Kevin McEvenue, founder of Wholebody Focusing, and is the author of a workbook on Wholebody Focusing called “*Focusing With Your Whole Body*”. Addie offers individual sessions (Skype/Zoom/phone or face-to-face) and teaches an on-line WBF Foundation Course based on the workbook. He also provides training that leads to the TFI recognised WBF Trainer Certificate. Addie lives with his partner in Marlborough, Wiltshire. [avdkooy@talktalk.net](mailto:avdkooy@talktalk.net)



# My Biotope: Finding your optimal inner environment to grow and flourish

A review by Michael Lomvardos of a workshop presented by Chris Van de Veire at the International Focusing Conference in Cambridge in 2016

## Introduction

The word 'biotope' literally means an area where life lives. We know that plants and animals have their own biotope or natural habitat, and so do human beings. Most of us have developed skills and attitudes that permit us to create a living place in all kinds of environmental conditions. However, there is a specific optimal biotope where I, as this unique person, can best grow and flourish.

## Exercise

This biotope-experiential exercise guides you step by step in a process that helps you to deepen your connection with the essence of who you are – by finding out which environment you need to achieve your full potential – through using a metaphor in nature.

You can either do this practice session in a Focusing partnership or on your own by writing (*it is naturally recommended Focusing with a partner*).

## Part I

- Attunement. Preliminary exercise: clearing a space.
- Invite **a sense of how you are in your life**. Notice how it basically feels to be you, and how it is carried in your body.
- Is there **a plant or an animal** (or whatever metaphor in nature feels right for you) that would be **a good metaphor** for this sense of how you truly experience yourself in life?
- Allow yourself to be surprised... Welcome what is coming, whatever it is, and check if the metaphor that comes fits with how you really sense yourself. Check if it is the best metaphor for who you are, truly as you are, and not who you would like to be or think you should be... and also acknowledge if something in you that is protesting or is critical about what comes...
- Once you have found your metaphor, take some time to **let it resonate** in you and connect with the sense of being that animal or this plant.
- There are several things you can do here:
  - You can visualize your metaphor while you notice your body's response to it.
  - Sometimes a (little) movement or a gesture can help you to sense more clearly in your body. You can leave your chair if that feels ok.
  - You can also connect to your metaphor by drawing or painting.

When you really go into the process, you will see that the metaphor gets more precise (for instance, it is not just a monkey, but it's a gorilla; it is not just a tree, but it's a willow, or even more precisely, it's a weeping willow...)

## Part II

- You stay with the metaphor, and you seek to extend it by bringing in **everything you know about how this animal or this plant lives in its environment** (free association).
- Explore the natural habitat of this living being. The language suggests that *'habitat' is where we live our 'habits'*. Focus on the interaction with the natural environment, how the animal or the plant lives in its biotope. It is important here that you focus on the 'natural' habitat (don't put your animal in a cage or your plant in a pot on the terrace).

- Don't bother too much about where the knowledge comes from, or if what you think you know is scientifically correct. Just wonder how your animal or plant lives in its environment, how it is in interaction with its natural habitat, and something will come... The main intention is that you engage in a Focusing process, that you listen inside, that you are zigzagging between the symbolization and your felt sense. Be curious, don't limit yourself to what is already explicit. After you have made something explicit, go back to the felt sense of that, and what unfolds from there.
- You can search on the internet for more information, photos or illustrations to inspire you.

### Part III

- Which of the **components/characteristics** of the environment feel the most important for you? Where do you feel a connection, and where you can feel it resonate in you?
- If you imagine these qualities in your environment, **how would that affect you?**
- Is there something you learned about **what you need in your environment**, in order to be able to grow or flourish more?
- Is there something you learned in all this that you could receive as an **invitation to change** something in your life, so that your environment is a better biotope for you?
- Was there something that came as a surprise, or as an inspiration?
- Before you close, take an extra minute **to receive** what this exercise brought you. Ask yourself how you want to take it with you, so that it can continue to develop after this session.

### My Experience of following this process

What came first was an image of a big **sycamore/platanus** tree, with a thick trunk and strong roots. The tree is situated on a very gentle slope. Its foliage is rich and extends to quite a large area all around it. It rustles "quietly" in a gentle breeze. People can sit on the ground under it, with their back on the trunk. It's cool and refreshing and one can rest, closing the eyes or looking around. There are other trees and bushes a bit further away, but only rich and thick grass around the sycamore. There are also some low hills in the distance.

What more do I know about my symbol and its habitat? Sycamores are deciduous trees, big and strong, with wide flat leaves like a big palm and brownish, round fruits. The leaves offer wonderful shade during summer. They need/love a lot of water and therefore are usually found next to rivers, streams, lakes or underground water. When the leaves fall during autumn, they usually form a thick carpet, which is quite soft underfoot. When the fallen leaf-carpet rots during rainy winters, it may be carried further downstream, providing nutrients for other vegetation.



When I list the different elements of the environment (clean, fresh running water, stream, leaves, shadow, cool, mountain, grass, breeze), I can feel that the *clean fresh running water* is the one that resonates the most. When I imagine how it would feel to have this in my own environment where I live, several things come up. There is a voice that says "Are you nuts?! A stream with *clean, fresh* running water in the middle of a polluted Athens?! Are you absolutely mad?!" And immediately afterwards, another voice appears saying: "Of course it/you can! Anything you want can...!" And at that point, the first voice 'simply' went away, as if there was no space for it!

Then came a picture of putting my feet in it every day, to cool and refresh myself, to sit by its banks and watch the water run, the pebbles, maybe the little fish, the flowers... I live in another planet! What a wonderful idea it is to have a stream of *clean, fresh* running water on my doorstep! It doesn't matter where my living place is, for my *house* is always *in me*. And this stream with the *fresh, clean* running water will be more than happy to take me further down my life's journey, when both I and (all) my part(s) are ready!

What did I learn in this exercise about what I need in my environment, so that I can grow and flourish more? That a clean fresh stream that will take me further down (stream). The key words are *fresh and clean*!

### Current notes

I have been checking these two key words throughout these past months, since my rational mind says that 'fresh and clean' always goes with a (new) 'start'. So, are these two words indeed the key ones or is it the 'start', or is it the 'fresh and clean start', or/and something else...? The 'fresh and clean START' doesn't come even close to resonating by itself; it's all logical, the way my mind has learned to operate. To a part of me, the 'fresh and clean' was actually always associated with a 'new start', such as 'I need to make a fresh and clean **start** in my life'. But, as I discovered with this experience, the 'fresh and clean' can be **and** anything else, such as a perspective, stance, carrying forward,... It was this part of me, **with the wholeness**, that I had not recognized until now.

Furthermore, the word 'running' (water) is always IMPLIED as part of the felt sense and process, since it is what CARRIES (me/it) FORWARD. But the 'fresh and clean' is still what describes best my felt sense. Another point worth mentioning is that this process has been 'slowly flowing downstream' for (at least) 5 months now! Everything needs its time and space. And nothing happens by 'chance' and without an inner purpose.

### Reference

*The biotope-experiential exercise was developed for the online course 'Counselling in Existential Wellbeing' [www.existentieelwelzijn.be](http://www.existentieelwelzijn.be) directed by Prof. Dr. Mia Leijssen, University of Leuven. Besides existential theories and Positive Psychology models for counselling and coaching, an important part of this course consists of experiential exercises aiming at encouraging personal development. The biotope-exercise is a part of the last section: 'Treasures for life quality'. The learning objectives for this section are: being in touch with personal sources of life quality, and developing virtues and strengths to improve well-being.*

### Michael Lomvardos

*In his 'left brain life' Michael is a finance professional with an MBA degree from the University of San Diego California (1984) and CFO at Grecian Magnesite SA. In his 'right brain life', he's a Focuser, with training in Person Centered and FOT at the Hellenic Focusing Center (EKF), holding a BFA Skills Certificate through the 'Focusing as a Life Skills' program given by Patricia Foster and Eirini Davleri and currently being trained as a Certified Focusing Professional with coordinating trainer Patricia Foster. [mlovardos@gmail.com](mailto:mlovardos@gmail.com)*



***Chris Van de Veire** is a psychologist, Certifying Coordinator/Trainer of The Focusing Institute N.Y., Person-Centred and Focusing-Oriented Psychotherapist. She is an active member of the 'Focussen Vlaanderen' network. She lives in Bruges, Belgium, where she combines her private practice as a psychotherapist with teaching Focusing. She is involved in the e-learning program 'Counselling in Existential Wellbeing' University of Leuven – Prof. Dr. Mia Leijssen [www.existentieelwelzijn.be](http://www.existentieelwelzijn.be) [chris.vandeveire@skynet.be](mailto:chris.vandeveire@skynet.be)*

# Focusing with Pain

By Fiona Parr

*Someone asks me, "How can I be with physical pain? Can Focusing help?" I say, "Yes it can. It makes a difference in two ways. It eases the pain itself, and it also eases the part of you that doesn't like the pain and wants to get rid of it, (a perfectly natural response)."*

Some time ago I took part in a university research project, looking at whether Focusing could help as part of a pain management plan. This was relevant to me, because I have a chronic back condition, which needs me to monitor it and take care of its needs. I had previously Focused with it from time to time, and here was an opportunity to really focus on the issue, and to notice any positive results.

I contacted my Focusing partner, who I knew also suffered from a chronically painful back, and she agreed to take part. We were asked to have six hour-long weekly Focusing sessions, and we did this, first me for six weeks and then my Focusing partner for six weeks.

The results were very positive. I valued the sessions that I had and Focusing really helped. I found that the pain eased and was less; there was more ease in the body, and I had more information about how I need to treat my body to manage its stresses.

In my sessions, I found what I needed to do first was to acknowledge and listen to all the parts of me that have an agenda about it. There was the part of me that felt angry and frustrated. It felt limited and held back by the pain and it did not want to be limited in this way. Sometimes it felt like an angry three-year old, stamping its foot. Sometimes it felt sad, and cried. If you find something like this in you, it needs caring company in a Focusing way. Sense for where it is in your body – that upset or angry part of you. Take your time and describe how it feels there. See what images, words, phrases fit your experience.



Acknowledge the feelings and be gentle and kind towards them. When they let you know they feel heard there will be a release in the body. They will 'let you go', enough for you to take your attention to the pain itself. Notice that I did not say, let them go. You need to wait for the body to ease enough so that your attention can go to the pain. If the feelings have not let you go, they will come with you to the pain. That means that you could not sit with the pain without judgement or agenda.

If you can be with the pain, sense into it carefully. Describe it accurately, like you would if you were being with a felt sense. You can describe a physical sensation and be with it in the same way as you would keep company with a felt sense, or anything else in your experience. Even if you have been with it many times before and it feels like it's just the same as usual. How is it right now, in this moment? Pain is not just pain. There are many sensations, coming and going, if you really pay attention to it. For instance, in a past session when I paid attention to the pain in my back, it felt like there was a pile of rocks that had fallen down a ravine and they were rubbing up against each other. That is more graphic and precise than just 'pain'.

As you stay with it, sensing into the body, and describing what you sense, it may begin to tell you what it wants or needs. For instance, the 'pile of rocks' feeling might want some soft cushions around it, or a warm bath. Or it may be an internal wanting that needs to be heard. One time, my spine felt like a book that kept closing. Some books have to be held firmly open, or they will keep closing. In the kitchen, I

might have to weigh down each side of the book to keep it open. As I listened to the painful feeling there in my back, it felt just like that, and although I couldn't physically change it, just hearing it and receiving it as it was enabled it to soften and ease out. It was not lost on me that the symbol of the closing book also has a spine. Barbara McGavin suggests that we turn towards pain as a 'sentient someone' trying to get our attention for some good reason, thereby counteracting the tendency in our culture to make a distinction between 'sentient body' and 'mechanical body'.

At the end of my six sessions, when I retook the assessment criteria, I found that I could report significant positive changes, and now I know that I can Focus directly with the pain itself when I need to. At the same time as doing this research project I was also going for acupuncture sessions, which I know also helped me a lot. So I want to say if you are using Focusing to help you with pain, then I suggest you continue with whatever other healing methods support you. Gene Gendlin has written about the possible benefits of crossing Focusing with something else.

My Focusing partner chose to just work with Focusing for her sessions. This actually gave a clearer, purer result, as she could show that just Focusing made a huge reduction to the pain level that she experienced. I noticed that in her sessions, she was able to go directly to the pain much sooner than I did, and she spent longer listening to it and describing it.

She said her spine wanted her to get her hands around it, easing it out. Of course, she couldn't do that, but she was symbolising and feeling in the body, how it would feel if it was 'all OK'. The body was showing her the implied next step. Just the act of doing that shifted something in her body, and helped it to ease and feel slightly better. Over time, and a few sessions, it made a real difference. She was virtually pain-free for many weeks afterwards.

Another Focusing partner Focused with the pain in her wrist after she had broken it. She spent the whole session describing the sensations as she experienced them. In both my partners, I noticed how changeable the sensations are. Moment to moment experience showed how the pain sensations moved and changed, becoming slow and heavy or rapid and tingly, or easing and going somewhere else and then returning again. It helps to bring an attitude of interested curiosity, as well as kindness and gentleness.

This is a testimonial I received from one of my trainees:

*I have lived with a chronic pain condition for over 12 years, I have undertaken a lot of therapy of various forms but Focusing has offered me a new way to be with and relate to my pain in a way that has been transformative and life-enhancing. I have stopped seeing the pain as my enemy to be "battled" with and now see it as a friend and guide to help me understand myself, my life and my body more fully. CR May 2012*



I am not saying that Focusing is the answer to all your problems with pain. You may need to see your doctor, take painkillers, or visit your osteopath, acupuncturist or other healing practitioner. And Focusing can make a real difference as well. I would be interested to hear of other people's experience of Focusing with pain, and how it has helped. I don't know if Focusing could help with overwhelming pain such as migraine. I have discovered it can help with chronic long-term pain, mitigating and reducing its effects; and it can help with short-term pain such as a broken wrist.

You can also work with pain in a Wholebody Focusing way. You bring the same quality of listening attention to the painful area in your body at the same time as having an awareness of your grounded Presence. You might get images and words coming as you symbolise the pain and you also allow movement to be present in a way that directly brings healing. I have seen and experienced real change and healing brought about in this way.

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**Fiona Parr** is a TIFI Focusing Coordinator, and a British Focusing Association Focusing Practitioner, Teacher and Mentor, based in Devon, UK. She is also an MBACP Counsellor. Fiona has been teaching the Focusing Skills Certificate Course for 16 years. She offers one-to-one Focusing sessions and a professional Focusing training programme.

[fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)  
[www.fionaparr-focusing.co.uk](http://www.fionaparr-focusing.co.uk)

# BFA Focusing Community Camp 2017

Barns Centre, Toddington, near Cheltenham GL54 5DQ

24th—28th August 2017



The first ever BFA Summer Focusing Community Camp will be an opportunity for Focusers and their family members to get together to Focus, socialise and have some fun in a relaxed outdoor setting.

As well as 1-1 Focusing time each day, the camp will offer opportunities for:

workshops, presentations, group sharing, yoga, qigong, walking, playing games, skills-sharing, singing, music, dancing, and anything else we co-create as a group.

The camp is being organised on behalf of BFA by Gordon Adam, Kay Hoffmann and Camilla Sim. Please let Kay know if you would like to offer a Focusing workshop or other activity during the camp.

Activities will be mainly outdoors or under canvas and a camp fire will be lit each evening. We also have use of indoor facilities including meeting space and the kitchen. Our resident cook will be preparing a vegetarian lunch and dinner each day for those opting for the catered option, which will include self-serve breakfast.

We aim to create a 'tribe' feeling and the size of the camp will be limited to about 40 people. Please bring along any useful campsite accessories and come prepared to help with collecting wood, carrying water, washing up and other odd jobs. There are some rooms available in the centre for those who have physical issues that make staying in a tent difficult. We expect the camp to fill up, so early booking is advised.

*For booking form and booking enquiries contact:*

*Camilla Sim [camillasim9@googlemail.com](mailto:camillasim9@googlemail.com)*

*Bookings will be accepted on completion of a booking form and payment of the full fee.*

*For further information, workshop offers, and general enquiries contact:*

*Kay Hoffmann [kay.hoffmann@homecall.co.uk](mailto:kay.hoffmann@homecall.co.uk)*



# Closure of University of East Anglia (UEA) Centre for Counselling Studies

By Sara Bradly

**In April this year, the University of East Anglia publicly announced its decision to close the Centre for Counselling Studies. All training courses delivered by the Centre will cease to exist at the end of this academic year, and all staff are to lose their jobs in the near future. This news has shocked the local and international Person-Centred and Focusing communities.**

The Centre for Counselling Studies was founded in 1992 by Brian Thorne. In 1993 it launched its first Diploma in Person-Centred Counselling, a BACP accredited training, and has continued to deliver this training right up to the present day. Over the years, people seeking a high quality person-centred counselling training, from all over the world, have chosen the UEA.

In 2005, the Centre – at that time directed by Dr Judy Moore – launched the Post-Graduate Diploma in Focusing-Oriented Therapy (later to become a PG Cert), taught by Judy Moore and Campbell Purton. This was the first time that Focusing training was taught as a professional qualification within a British university. This accomplishment was celebrated within the international Focusing community.

Focusing has continued to be taught (now by Martin Langsdon), both as a module within the PG-Diploma in Counselling and on the PG-Cert Focusing-Oriented Therapy course. Additionally, Focusing has often been the subject of individual Masters research dissertations at the UEA. Focusing is still not taught in any other higher education institution.

In its 25 year lifetime, the Centre for Counselling Studies has been a world-renowned centre of excellence, hosting several international conferences, including, in 2008, the *World Association of Person-Centred and Experiential Psychotherapy and Counselling Conference*.

Not surprisingly, there are strong objections to UEA's decision to close the Centre for Counselling Studies. The PCU (Psychotherapy and Counselling Union) is working hard to oppose the decision. Together with UCU (University and Colleges Union), the Student Union, current and ex-students, heads of services of local counselling charities (who stand to lose their stream of trainee placement and volunteer counsellors as a result), and the local MP – there is a strong voice of dissent.

You can find more details and news of the campaign on Facebook and Twitter at [#keepcounselling](#)  
There are also two petitions opposing the closure on [change.org](#):

[www.change.org/p/x-prevent-uea-from-closing-down-counselling-courses](http://www.change.org/p/x-prevent-uea-from-closing-down-counselling-courses)

[www.change.org/p/stop-the-imminent-closure-of-uea-counselling-department](http://www.change.org/p/stop-the-imminent-closure-of-uea-counselling-department)

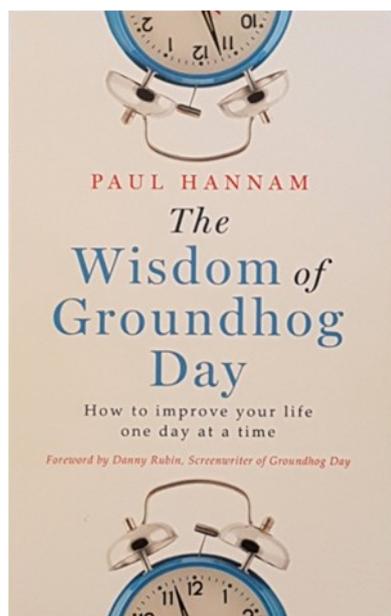
*See Page 12 for biography and photo of Sara Bradly*

# The Wisdom of Groundhog Day

## How to improve your life one day at a time

By Paul Hannam, Yellow Kite, 2016

Book Review by Pamela Carr



Last summer this book caught my eye on the New Arrivals shelf at my local library. I liked the look and the feel of it and knew that by borrowing it I'd be able to savour its pristine pages. "How to improve your life one day at a time" – such a title might resonate with anyone who has these aspirations and is interested in Focusing, Mindfulness and more. From the beginning I found Paul's enthusiasm infectious and I was drawn to keep reading and to check out how his insights, discoveries and understandings might resonate with me. It felt like a triple crossing: of my own experience of the story, with the themes and with Paul's insights. Reading became a beautiful voyage of discovery.

Like me you may be wondering what a groundhog is. National Geographic describes it as a North American giant squirrel, also called a woodchuck or whistle pig. They are rodents which...

*...live a feast or famine lifestyle and gorge themselves all summer to build up plump reserves of fat. After the first frost, they retreat to underground burrows and snooze until spring...*

Groundhog Day is February 2<sup>nd</sup>. There's a traditional belief that groundhogs can predict the weather and if a groundhog emerges from hibernation and sees its shadow on this day, there will be six more weeks of winter. Since 1887 there have been annual Groundhog Day Festivals with feasts, speeches and plays, the largest one being in Punxsutawney, Pennsylvania.

You may well have seen the film Groundhog Day which was written by Danny Rubin and released in 1993, starring Bill Murray. The fantasy story is about a cynical weatherman called Phil Collins who finds he is living the same Groundhog Day over and over again. He's stuck in 'doing what he's always done and getting what he's always got'. He gradually discovers that he can make changes, transform his life and become a better person and he decides to make that happen.

We know that Paul Hannam was so moved by watching the film and studying its themes over and over again, that he decided to write his reflections down and then to create the book. In it he shows that even though Phil finds it hard to do, he does change - by turning towards and engaging with the pace of life, his own and other's values, the natural resources he already has, appreciation of the present moment, the gift of choice and with the joy of unconditional love and connection. No wonder Paul applied these understandings to his own life and in that way found correspondences, resources and new meanings. In the book he spins together Universal wisdom with pieces of his own studies, experiences and inner knowing and weaves them into the story of Groundhog Day, in a way I find both compelling and inspiring.

I wondered what kind of wisdom the book title was referring to. In his foreword to the book Danny Rubin writes:

*The way I think about wisdom is that it isn't wise unless you've found some use for it – so it's always about the relationship between the so-called 'wisdom' and your own life. For example you might think that 'Look before you leap' is a wise thing to live by when your kid is chasing a ball into the street; but 'He who hesitates is lost' might be the thing that gets the kid through the deer in-the-headlights situation that almost follows...*

*it's always going to be up to you to figure out what to do. And this book...may help give you some ideas on how to do just that.*

Paul himself quotes Marcel Proust:

*We are not provided with wisdom, we must discover it for ourselves, after a journey through the wilderness which no one else can take for us, and effort that no one can spare us.*

Some of my favourite quotes from the book will give you a flavour of the invitations Paul gives to his readers: to also make choices, to live in and fully appreciate the present here and now.

*Do you want to spend your days regretting what you have lost, ruminating on what you do not have and anticipating what you might – or might not – have in future? Or do you want to appreciate the many wonderful gifts you already have. The choice, as always is yours... It's like tuning in to different radio stations...you are deciding...*

*Focus on improving the quality of each minute: live the next minute as though you have perfected it over years of practice or as if you were living it the second time around. Then repeat this for one more minute and then another and another. This is how you change, one minute at a time...*

*As you learn to shape your life, you will discover that you have the brushes and paints, as well as the creativity to make your day a masterpiece...*

Paul concludes the book with:

*You just need to open your eyes and fully engage with life as it is. Like Phil, you can transform your life day by day, and be happy and fulfilled, here and now. This is the wisdom of Groundhog Day.*

This book reminded me of many things, helped me ask some new questions and discover some more answers. It inspired me to write my first ever book review. The Wisdom of Groundhog Day was fun to read and it's been fun to write about it too.



**Pamela Carr** is a certified Focusing Practitioner and Teacher and is co-editor of the BFA Newsletter. She loves to introduce new people to Focusing and is also enthusiastic about crossing Focusing with Healing, Mindfulness Walks in Nature, Relaxation for Living and Creative Writing. Pamela enjoys exploring new opportunities and places, supported by and sharing Focusing along the way.

[www.focusing.org.uk/Pamela-Carr](http://www.focusing.org.uk/Pamela-Carr)

[www.focusingforall.com](http://www.focusingforall.com)

[focusingforall@aol.com](mailto:focusingforall@aol.com)

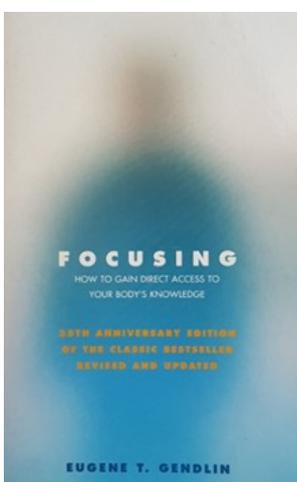
## Practitioner Profile – Carolann Samuels

Before I found Focusing I was doing something similar in an ad hoc, casual way, but without really trusting what came. I sort of trusted my instincts, but only sometimes, and my analytical brain would delight in taking over. I often felt I knew what was the best course of action to take in a situation, that something in my life might be asking for change, and was reluctant to comply with the 'shoulds' of the world – but it still seemed to be guesswork. I couldn't be sure and most often took what seemed the safer, more well-worn path. And as for listening to other parts of myself – well that didn't occur to me!

Focusing opened my mind, my eyes and my world. I've always loved metaphors, as they help to explain things that are sometimes difficult to grasp in other more direct ways, and my Focusing often works in metaphors and images – even making me laugh at times. Focusing helps me to trust my own inner wisdom, my inner guidance, and it helps me to appreciate even more what is in my life now.

I often wonder how my life would have unfolded if I'd found Focusing sooner, and then I come back to how Focusing reminds me that this moment is the one that matters. I can Focus on past events and on how they've shaped who I am, and coming back to this present moment helps me see myself differently. I can move away from that part of me that might criticise myself, and see how it's just doing its best to look after me, in ways that I learned all that time ago. And then I find there's a kinder, more gentle way to be with myself, and that is Focusing.

I found Focusing through my writing group. Our teacher often suggested short exercises to ease us into writing and this time it was a Focusing lead-in. He talked us through Gendlin's 'clearing a space' and gave us ten minutes to free-write in response. I have to be honest, but it didn't seem to help my writing much at that time, and I wasn't quite sure about it, but I *was* intrigued enough to buy Gendlin's book, 'Focusing'. There was something there that was calling to be heard, although I didn't have the skills to listen then – or maybe I had them but wasn't trusting them.



And I didn't read the book straight away. Why not? I really don't know, but some time later I heard another reference to Focusing and remembered, then I did read the book. I tried Focusing alone from Gendlin's steps, and sometimes I could feel that there was something in this, but I was struggling. There was clearly something here that was pulling me towards Focusing, but I wasn't finding it easy. So Google came to my rescue. I found the British Focusing Association and from the list of teachers I decided to contact Kay Hoffmann, because like me, she is a Yoga teacher.

I've never looked back. I learned Focusing Skills with Kay, and went on to become a Focusing Practitioner. And now I find it difficult to comprehend why I had such a very slow start, and then I remember 'when the student is ready, the teacher will appear'.

So I would like to publicly thank Kay for her wonderful teaching and support through the whole process of learning, sensing, trusting and opening to Focusing, and her continuing support. It has changed my life. I write a lot more now too, and I don't think that it would be such an important part of my life if I hadn't found Focusing. My Focusing partnerships too are important parts of my life, and I am grateful for the technology which facilitates this so well. Thank you Skype!

I enjoy spending time with Focusers, and have found the Focusing membership to be a supportive and most of all, a Listening community – practising the most basic of Focusing skills and human skills, that of being able to fully listen to another person without agenda, judgement or trying to 'fix' the other. How good it feels to be listened to. And how magical and transformative it can be.

*Carolann Samuels lives in Kent and teaches Focusing 1:1 and in small groups. She incorporates Focusing into her own Yoga practice and teaching and each is enriched by the other. Carolann is currently training in Therapeutic and Reflective Writing and is finding Focusing supports this very well. She hopes to share more about this quite soon.*

[www.carolannsamuels.co.uk](http://www.carolannsamuels.co.uk)

[csamuels@carolannsamuels.co.uk](mailto:csamuels@carolannsamuels.co.uk)



# Forthcoming Workshops & Events

## July & August 2017

### **Wholebody Focusing Foundation Course** with Addie van der Kooy

A self-paced, 1:1 training course in Wholebody Focusing. Online, telephone or in person. Starting in July. [avdkooy@talktalk.net](mailto:avdkooy@talktalk.net)

### **Being Seriously Playful** 'A fresh approach to being with children & young people and/or the inner child'

One-day workshop with Rene Veugelers.

Norwich. 6th July. [www.childrenfocusinguk.org](http://www.childrenfocusinguk.org) [sarabradly@hotmail.co.uk](mailto:sarabradly@hotmail.co.uk)

### **Focuser and Companion** (BFA skills certificate Level 3) with Paula Newman & Elizabeth Smith.

London (NW) 10/11<sup>th</sup> July. [www.paulanewmancounsellingservices.co.uk](http://www.paulanewmancounsellingservices.co.uk)

### **Focusing Summer Camp** 'The Healing Power of Touch with a Focusing Awareness' with Alex Maunder

Brittany, France. 17<sup>th</sup> -23<sup>rd</sup> July. [www.wholebodyfocusing.org](http://www.wholebodyfocusing.org) [alex.maunder4@gmail.com](mailto:alex.maunder4@gmail.com)

### **Experiencing the Body** (BFA skills certificate Level 3) with Peter Afford

London. 22/23rd July. [www.focusing.co.uk](http://www.focusing.co.uk) [peter@focusing.co.uk](mailto:peter@focusing.co.uk)

### **Responding from Presence to My Faultfinders** (BFA skills certificate Level 5) with Patricia Foster

Liverpool. 22/23 July. [www.focusinglifefskill.com](http://www.focusinglifefskill.com) [patf1956@yahoo.com](mailto:patf1956@yahoo.com)

### **BFA Summer Focusing Community Camp** 4-day family-friendly holiday-weekend camp

Near Cheltenham. 24<sup>th</sup>-28<sup>th</sup> August. [kay.hoffmann@homecall.co.uk](mailto:kay.hoffmann@homecall.co.uk)

**Focusing Institute Summer School** with Ann Weiser Cornell, Glenn Fleisch, Nada Lou & Tobias von Schulthess. New York. 14th-19th August. Click [here](#) for full details.

## September & October 2017

### **Introduction to Focusing** (8-week course: BFA skills certificate Levels 1 & 2) with Fiona Parr

Online. Starting 6th September. [fionaparr-focusing.co.uk](http://fionaparr-focusing.co.uk) [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

### **Sensing Inwards** (BFA skills certificate Level 1) With Paula Newman & Elizabeth Smith

London (NW). 11th & 12th September 2017. [www.paulanewmancounsellingservices.co.uk](http://www.paulanewmancounsellingservices.co.uk)

### **A Helping Hand—Guiding** (BFA skills certificate Level 3) with Manjudeva

Bristol. 16/17th September. [www.livingfocusing.co.uk](http://www.livingfocusing.co.uk) [manju@livingfocusing.co.uk](mailto:manju@livingfocusing.co.uk)

### **The Gifts of the Body in Focusing and Listening** (part of BFA skills certificate) with Kay Hoffmann

Cambridge. 22/23rd September. [kay.hoffmann@homecall.co.uk](mailto:kay.hoffmann@homecall.co.uk)

### **Introduction to Focusing – Improving our Relationship with Ourselves** with Suzi Mackenzie.

The first of a 10-day introduction to Focusing. See website for future dates.

Brighton. Sat 23<sup>rd</sup> September 2017. [suzimac55@hotmail.com](mailto:suzimac55@hotmail.com) [www.suzimackenzie.com/focusing-training](http://www.suzimackenzie.com/focusing-training)

**European Focusing Association (EFA) Networking Meeting** An opportunity to participate in developing Focusing in Europe. Padua, Italy. 29th Sept—1st October. Click [here](#) for further information.

### **Focusing & Writing** – 'Exploring how Focusing and writing can enhance each other' with Pamela Carr

Online course: 4 x 2hrs, begins September. [www.focusing.org.uk/Pamela-Carr](http://www.focusing.org.uk/Pamela-Carr) [focusingforall@aol.com](mailto:focusingforall@aol.com)

**Creativity and Criticism** (BFA skills certificate Level 4) with Peter Afford  
London. 7/8th October. [www.focusing.co.uk](http://www.focusing.co.uk) [peter@focusing.co.uk](mailto:peter@focusing.co.uk)

**Introduction to Focusing** (BFA skills certificate Level 1) with Fiona Parr  
Devon (Liverton). 7/8th October. [fionaparr-focusing.co.uk](http://fionaparr-focusing.co.uk) [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

**The Art of Focusing** (BFA skills certificate Level 1) with Peter Afford  
London. 21/22nd October. [www.focusing.co.uk](http://www.focusing.co.uk) [peter@focusing.co.uk](mailto:peter@focusing.co.uk)

**Untangling the Knots** (BFA skills certificate Level 4) with Manjudeva  
Bristol. 21/22nd October. [www.livingfocusing.co.uk](http://www.livingfocusing.co.uk) [manju@livingfocusing.co.uk](mailto:manju@livingfocusing.co.uk)

## November & December 2017

**Focusing Partners** (BFA skills certificate Level 2) with Fiona Parr  
Devon (Liverton). 11/12th November. [fionaparr-focusing.co.uk](http://fionaparr-focusing.co.uk) [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

**BFA Annual Gathering & AGM (for BFA members)** at Swarthmoor Hall, Ulverston, Cumbria.  
Cumbria. 17th-19th November. [www.swarthmoorhall.co.uk](http://www.swarthmoorhall.co.uk) Booking: [susanjord@gmail.com](mailto:susanjord@gmail.com)

**The Path to Wholeness** (BFA skills certificate Level 5) with Manjudeva  
Bristol. 25/26th November. [www.livingfocusing.co.uk](http://www.livingfocusing.co.uk) [manju@livingfocusing.co.uk](mailto:manju@livingfocusing.co.uk)

**Thinking with the Felt Sense** (for experienced Focusers) with PeterAfford  
London. 25/26th November. [www.focusing.co.uk](http://www.focusing.co.uk) [peter@focusing.co.uk](mailto:peter@focusing.co.uk)

**Sensing Inwards** (BFA skills certificate Level 1) With Paula Newman & Elizabeth Smith.  
London (NW). 27/28th November 2017. [www.paulanewmancounsellingservices.co.uk](http://www.paulanewmancounsellingservices.co.uk)

**New Year Focusing Retreat** (for experienced Focusers) 5-day residential retreat with Gordon Adam  
Dartmoor, Devon. 29th December—3rd January.  
<http://www.focusing.org.uk/event/new-year-focusing-retreat-2> [gordonadam@blueyonder.co.uk](mailto:gordonadam@blueyonder.co.uk)

## Local Focusing Groups

**Brighton and Sussex Focusing Circle.** No fixed meeting schedule.  
Contact: Anna [anna@workpsychologyhub.co.uk](mailto:anna@workpsychologyhub.co.uk)

**Bristol Insight Focusing Group.** Meets monthly in Bristol on the second or third Sunday of the month  
from 10am–1pm. Contact: Gordon [gordonadam@blueyonder.co.uk](mailto:gordonadam@blueyonder.co.uk)

**London Focusing Circle.** A list of people in the London area who are available for Focusing partnership.  
£5 joining fee. <http://www.focusing.co.uk/circle.html>

**South Yorkshire Focusing Group.** Contact: Hugh [hughknopf@rocketmail.com](mailto:hughknopf@rocketmail.com)

**Stroud Focusing Circle.** Meets monthly in Stroud on the first Tuesday or Wednesday of the month from  
7.30–9.45pm. Contact: Manjudeva [manjudeva@gmail.com](mailto:manjudeva@gmail.com)

# Resources & Further Information

## **British Focusing Association (BFA)** [www.focusing.org.uk](http://www.focusing.org.uk)

For further information about all matters relating to Focusing in the UK, including list of practitioners, articles, events, training, resources, etc. To see past issues of the newsletter click on 'Resources' on the home page, or [www.focusing.org.uk/resources](http://www.focusing.org.uk/resources) and scroll down till you see 'Newsletters' and click on the button.

To sign up to receive this newsletter regularly go to the home page of the BFA website. Enter your email address in the subscribe window on the right below the pictures .

## **BFA Facebook Forum** [www.facebook.com/groups/206601209671323/](https://www.facebook.com/groups/206601209671323/)

An easy way to quickly connect with other UK Focusers and to see and post events.

## **International Focusing Conference 2016** [www.focusingconference2016.uk](http://www.focusingconference2016.uk)

As well as listing all of the workshops and presentations at the conference, the conference website also includes, amongst other things, a range of articles by workshop presenters, summaries of Focusing activity in different countries throughout the world, and a gallery with photos & videos from the conference.

## **The International Focusing Institute** [www.focusing.org](http://www.focusing.org)

The International Focusing Institute (formerly The Focusing Institute) is the 'world HQ' of Focusing and is a source of all sorts of information about Focusing. The website gives access to the Gendlin Online Library as well as lots of articles on a wide range of subjects by other Focusing teachers. The website also carries nearly 100 (30-50min) audio interviews conducted by Serge Prengel with a wide variety of Focusing teachers that have been recorded since 2008—these can be streamed or downloaded from the website.

## **Newsletter Involvement & Contributions**

Contributions to the newsletter are welcome and invited. This includes articles, poems, book reviews, photographs, news, event & group details, etc.

Articles should generally be in the range of 500—1200 words. Inclusion of articles will be at the discretion of the editors. Some contributions may be held over for inclusion in a future issue.

Please feel free to contact us if you would like to discuss an idea you have for an article.

Help in producing the newsletter is also welcome and we invite anyone who would like to be involved to get in touch—this could be editing, design & layout, proof-reading, distribution, etc.

## **Feedback & Ideas**

Your feedback is invited! We would really like to know what you think of the newsletter and if you have any suggestions or ideas for its development. Please send an email with feedback to Pamela or Gordon. We hope to add extra features in forthcoming issues.

### **Forthcoming Issues of the Newsletter:**

We currently aim to publish the newsletter 3 times a year and would appreciate receiving your submissions as soon as possible for the next issue in November 2017.

The deadline for receiving contributions for this issue is **20th September 2017**.