

INDEX OF ARTICLES IN THE BFA NEWSLETTER: Issues 1–19 (June 2013 – Nov 2020)

PART I: BY ISSUE:

1. JUNE 2013 (Ed. Locana. 5 pages)

News from the Sofa *Jerry Conway & Fiona Parr* [#1 June 2013 p.1]
How BFTA Began *Peter Afford* [#1 June 2013 p.1]
Focusing Thread *Susan Jordan* [#1 June 2013 p.2]
Practitioner Profile *Jenny Brickett & Peter Afford* [#1 June 2013 p.4]
Focusing Initiatives *Claire Carter* [#1 June 2013 p.5]

2. OCTOBER 2013 (Ed. Locana. 12 pages)

News from the Sofa *Jerry Conway & Fiona Parr* [#2 Oct 2013 p.2]
What's in a Name? BFTA becomes BFA *Jerry Conway* [#2 Oct 2013 p.2]
'Coming Home' – The 25th International Focusing Conference *Astrid Schillings* [#2 Oct 2013 p.3]
Epistle to a Reflective Listener *Rob Foxcroft* [#2 Oct 2013 p.5]
Practitioner Profile *Gordon Adam & Barbara McGavin* [#2 Oct 2013 p.8,9]
Working with Overwhelming 'Negative' Feelings *John Threadgold* [#2 Oct 2013 p.10]
Focusing is... *Kay Hoffmann* [#2 Oct 2013 p.11]

3. JANUARY 2014 (Ed. Locana. 14 pages)

News from the Sofa *Jerry Conway & Fiona Parr* [#3 Jan 2014 p.2]
Focusing School 2014 *Manjudeva* [#3 Jan 2014 p.2]
Personal Reflections on the Early Days of BFTA *Fiona Parr* [#3 Jan 2014 p.3]
Focusing Dialogue on Community *Sandy Gee* [#3 Jan 2014 p.5]
Community Wellness Focusing *Jerry Conway* [#3 Jan 2014 p.8]
A Focusing Proving of Wolf's Milk *Gordon Adam* [#3 Jan 2014 p.9]
Swallows and Amazons in Buckinghamshire *Rebecca Harris* [#3 Jan 2014 p.11]
A Space for Poetry *Susan Jordan* [#3 Jan 2014 p.12]

4. AUGUST 2014 (Ed. Locana. 15 pages)

News from the Sofa *Jerry Conway & Fiona Parr* [#4 Aug 2014 p.2]
Exploring the 'Soul's Journey' through Focusing *Manjudeva* [#4 Aug 2014 p.2]
Spirituality in Psychotherapy: FOT *Greg Madison* [#4 Aug 2014 p.4]
Meditative Listening *Rob Foxcroft* [#4 Aug 2014 p.5]
Finding the Heart Centre *Viv Stacey* [#4 Aug 2014 p.7]
Focusing and Spirituality *John Threadgold* [#4 Aug 2014 p.8]
Focusing Retreats: an Unfolding Journey *Gordon Adam* [#4 Aug 2014 p.9]
Practitioner Profile *Greg Madison & Susan Jordan* [#4 Aug 2014 p.11,12]
UK Focusing School 2014 (*info*) [#4 Aug 2014 p.14]

5. APRIL 2015 (Ed. Susan Jordan. 15 pages)

Second UK Focusing School (photos) [#5 April 2015 p.2]
A Message from Catherine Torpey [#5 April 2015 p.3]
Diversity in the Focusing Community *Suzi Mackenzie* [#5 April 2015 p.4]
Being Seriously Playful *Rene Veugelers* [#5 April 2015 p.5]
Working with Clients on Business Success *Sally Tadmor* [#5 April 2015 p.6]
An Experience of the Focusing School *Carolann Samuels* [#5 April 2015 p.8]
From Spark to Beacon *Nico Verschoor* [#5 April 2015 p.9]
Focusing and Walking, Writing and Enjoying Wayside Flowers *Pamela Carr* [#5 April 2015 p.10]
Out of the Woods *Sarah Bean* [#5 April 2015 p.11]
A View from the Nineties *Carmel Heaney* [#5 April 2015 p.11]
International Focusing Conference 2016 *Peter Afford* [#5 April 2015 p.14]
Practitioner Profile *Jutika Healey* [#5 April 2015 p.14]

6. APRIL 2016 (Ed. Suzi Mackenzie. 17 pages)

News from the Sofa *Susan Jordan & Rob Foxcroft* [#6 April 2016 p.2]
Resource-oriented Focusing *John Threadgold* [#6 April 2016 p.3]
Befriending Dissociation: a Focusing Journey into the Not-here Places *Cathy Rowan* [#6 April 2016 p.4]
The BFA Gathering and AGM 2015 *Susan Jordan* [#6 April 2016 p.6]
Reflections on My First BFA AGM Gathering *Suzi Mackenzie* [#6 April 2016 p.7]
Explorations of Campaigning, Art and Focusing *Alex Brew* [#6 April 2016 p.9]
International Focusing Conference – What’s That? *Peter Afford* [#6 April 2016 p.10]
Practitioner Profile *Alex Maunder* [#6 April 2016 p.12]
Identity, Diversity and Inclusivity *Suzi Mackenzie* [#6 April 2016 p.14]
Words from a Refugee – Who, How and Why? *Abdul Mateen Omary* [#6 April 2016 p.15]

7. NOV 2016 (Ed. Gordon Adam & Pamela Carr. 26 pages)

Conference Photo Roundup (photos) [#7 Nov 2016 p.3]
Conference: From Susan on the Sofa *Susan Jordan* [#7 Nov 2016 p.4]
Magical Moments at Conference *Pamela Carr* [#7 Nov 2016 p.6]
View from an Armchair *Alex Brew* [#7 Nov 2016 p.8]
Focusing in Nature *Karen Liebenguth* [#7 Nov 2016 p.9]
Focusing as a Sacred Bridge *Ifat Eckstein* [#7 Nov 2016 p.11]
Camouflage in Focusing – Look Again! *Marcella Calabi* [#7 Nov 2016 p.14]
Poetry and Focusing *Lesley Miles* [#7 Nov 2016 p.16]
Radical Acceptance of Everything *Barbara McGavin* [#7 Nov 2016 p.18]
Changing Shape through Engagement & Connection *Gordon Adam* [#7 Nov 2016 p.20]
A Focusing Approach to Positive Psychology *Joan Klagsbrun* [#7 Nov 2016 p.22]
Practitioner Profile *Fiona Owen* [#7 Nov 2016 p.24]

8. MARCH 2017 (Ed. Gordon Adam & Pamela Carr. 28 pages)

Congratulations Gene Gendlin on Your 90th Birthday *Pamela Carr* [#8 March 2017 p.3]
The Shift (poem) *Helen Evans* [#8 March 2017 p.5]
Listening—a Precious Gift *Karen Liebenguth* [#8 March 2017 p.6]
We Need to Listen Fully (poems & quotes) *Gordon Adam* [#8 March 2017 p.8]
Becoming a Better Focusing Partner through Community *Marilyn Harding* [#8 March 2017 p.9]
Focusing and Touch—an Experiential Review *Gordon Adam* [#8 March 2017 p.10]
To Touch or Not to Touch—Focusing, Healing and Touch *Pamela Carr* [#8 March 2017 p.14]
Focusing and the Enneagram *Chris Wilson* [#8 March 2017 p.17]
Focusing and Photography *Manjudeva* [#8 March 2017 p.19]
Introducing Focusing to Women who have Experienced Prison or Immigration Detention *Suzi Mackenzie & Alex Brew* [#8 March 2017 p.22]
Practitioner Profile *Rob Matthews* [#8 March 2017 p.24]

9. JULY 2017 (Ed. Gordon Adam & Pamela Carr. 32 pages)

From the Sofa *Susan Jordan & Rob Foxcroft* [#9 July 2017 p.3]
In Remembrance of Gene Gendlin *Pamela Carr* [#9 July 2017 p.5]
If I Keep Nothing Between—a Tribute to Gene Gendlin *Patricia Foster* [#9 July 2017 p.6]
Untangling Parts of Ourselves *Helen Bower & Matthew Harwood* [#9 July 2017 p.8]
Children Focusing in the UK *Sara Bradly* [#9 July 2017 p.12]
Biospirituality: a Brief Overview *Lesley Wilson* [#9 July 2017 p.15]
Your Body is Your Home: Poems on a Biospiritual Theme *Gordon Adam* [#9 July 2017 p.17]
Embodied Presence *Addie van der Kooy* [#9 July 2017 p.18]
My Biotope: Finding Your Optimal Inner Environment *Michael Lomvardos* [#9 July 2017 p.19]
Focusing with Pain *Fiona Parr* [#9 July 2017 p.22]
BFA Summer Focusing Community Camp *Gordon Adam* [#9 July 2017 p.25]
UEA Counselling Course Closure *Sara Bradly* [#9 July 2017 p.26]
The Wisdom of Groundhog Day—a Book Review *Pamela Carr* [#9 July 2017 p.27]
Practitioner Profile *Carolann Samuels* [#9 July 2017 p.29]

10. NOVEMBER 2017 (Ed. Gordon Adam & Pamela Carr. 26 pages)

From the Sofa *Susan Jordan & Rob Foxcroft* [#10 Nov 2017 p.3]
Living Focusing: Reflections on the First BFA Summer Focusing Camp *Alejandra Johnson Stapells* [#10 Nov 2017 p.4]
Summer Focusing Camp Photo Page [#10 Nov 2017 p.6]
Poems and Quotes inspired by the Summer Focusing Camp *Gordon Adam* [#10 Nov 2017 p.7]
Memorial and Memories of Gene *Nada Lou* [#10 Nov 2017 p.8]
Coronach (poem) *Rob Foxcroft* [#10 Nov 2017 p.10]
In Praise of Letting Go of Looking for Problems and Difficulties in Focusing *Gordon Adam* [#10 Nov 2017 p.11]
After the Shift, an Ahhhhh *Paula Nowick* [#10 Nov 2017 p.14]
Experiencing and Felt-Sensing through Photography *Linda Bourassa* [#10 Nov 2017 p.17]
Personal Growth with Thinking at the Edge (TAE) *Evelyn Fendler-Lee* [#10 Nov 2017 p.19]
New Books by BFA Members [#10 Nov 2017 p.22]
Practitioner Profile *Manju (Peter Gill)* [#10 Nov 2017 p.23]

11. MARCH 2018 (Ed. Gordon Adam & Pamela Carr. 27 pages)

News from the Sofa *Carolann Samuels & Helen Bower* [#11 March 2017 p.3]
A Safer Ride with Intense Feelings—Keeping Focusing Safe *Ildiko Davis* [#11 March 2017 p.5]
When Are You Focusing Exactly Right? *David Garlovsky* [#11 March 2017 p.8]
Relational Wholebody Focusing for Life *Karen Whalen* [#11 March 2017 p.9]
Focusing & Insight Meditation: An Experiential Comparison *Gordon Adam* [#11 March 2017 p.13]
The Way of the Implicit *Barbara Robinson* [#11 March 2017 p.16]
Focusing as a Remedy for Bingeing on My Smartphone *Pamela Carr* [#11 March 2017 p.18]
Being Here Supported by the Environment *Jutika Healy* [#11 March 2017 p.20]
BFA Focusing Community Camp 2018 (info) [#11 March 2017 p.22]
Making the Most of the Newsletter *Pamela Carr* [#11 March 2017 p.23]
Practitioner Profile *Elizabeth Smith* [#11 March 2017 p.24]

12. JULY 2018 (Ed. Gordon Adam & Pamela Carr. 28 pages)

European Focusing Association Conference—A Review [#12 July 2018 p.3]
How the Feelings and Needs Card Game Can Help Us teach Focusing *Beatrice Blake* [#12 July 2018 p.7]
Focusing, Poetry and Radical Acceptance *Gordon Adam* [#12 July 2018 p.11]
On Beginning to Deliver the BFA Skills Certificate Training *Suzi Mackenzie* [#12 July 2018 p.15]
Focusing for the Therapist *Greg Madison* [#12 July 2018 p.17]
Focusing—A Natural Process *Pamela Carr* [#12 July 2018 p.20]
News from the Sofa *Carolann Samuels, Helen Bower & Fiona Parr* [#12 July 2018 p.23]
Practitioner Profile *Addie Van Der Kooy* [#12 July 2018 p.25]

13. NOVEMBER 2018 (Ed. Gordon Adam & Pamela Carr. 21 pages)

A Review of the Second BFA Focusing Community Camp *Gordon Adam* [#13 Nov 2018 p.3]
A Non-Official Report from TIFI: Highlights from the Past Five Years *Ruth Hirsch* [#13 Nov 2018 p.5]
Teaching the Pause to Children *Derek McDonnell* [#13 Nov 2018 p.7]
The Habit of Felt Sensing *Ed McMahon* [#13 Nov 2018 p.11]
Two Poems *Gordon Adam* [#13 Nov 2018 p.13]
Book Review—'Feeling Heard, Hearing Others' by Rob Foxcroft [#13 Nov 2018 p.14]
Practitioner Profile *Fiona Parr* [#13 Nov 2018 p.16]
News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#13 Nov 2018 p.18]

14. MARCH 2019 (Ed. Gordon Adam. 30 pages)

News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#14 March 2019 p.3]
BFA Summer Focusing Camp 2019 *Isla Macdonald* [#14 March 2019 p.4]
A Non-Official Report from TIFI: Overview of the Membership Committee *Ruth Hirsch* [#14 March 2019 p.5]
A Brief Review of Changes *David Garlovsky* [#14 March 2019 p.7]
Focusing Groups Today—A Review *Gordon Adam, Alejandra Johnson, Justin Haden, Nick Naydler, David Garlovsky* [#14 March 2019 p.9]
Labyrinth: Focusing with an Image *Jutika Siobhan Healy* [#14 March 2019 p.16]
Twenty Ways to Start a Focusing Session *Rob Foxcroft* [#14 March 2019 p.18]
The Supportive Presence of the Natural Environment in Focusing *Gordon Adam* [#14 March 2019 p.22]

Practitioner Profile *Clare Myatt* [#14 March 2019 p.26]

15. JULY 2019 (Ed. Gordon Adam. 23 pages)

A Report from the EFA Gathering in Greece, May 2019 *Patricia Foster* [#15 July 2019 p.3]
An Overview of the Gendlin Centre and the Felt Sense Conference *Ruth Hirsch* [#15 July 2019 p.5]
The Felt Sense in a Challenging World *Peter Afford* [#15 July 2019 p.7]
Focusing as a Force for Peace: The Revolutionary Pause *Mary Hendricks-Gendlin* [#15 July 2019 p.10]
Is it Possible to Focus with the Enormity of Climate Change *Fiona Parr* [#15 July 2019 p.13]
Book Review: 'Love and Imperfection: A Therapist's Story' *Harriet Brown* [#15 July 2019 p.15]
Poems and Commentary: 'The Magic and Power of Loving Relationship' *Gordon Adam* [#15 July 2019 p.16]
Our Bodies Feel the Bigger Picture *Peter Gill* [#15 July 2019 p.19]
News from the Sofa *Helen Bower* [#15 July 2019 p.20]

16. NOVEMBER 2019 (Ed. Gordon Adam. 20 pages)

The BFA Focusing Camp in Suffolk: A Personal Experience *Vicki Thomas* [#16 Nov 2019 p.3]
BFA Annual Gathering and General Meeting Report *Carolann Samuels & Helen Bower* [#16 Nov 2019 p.7]
Us-ness: Describing the Indescribable *Clare Myatt* [#16 Nov 2019 p.9]
Presence Meets 'Ego' *Ann Weiser Cornell* [#16 Nov 2019 p.11]
Focusing at Boomtown Fair: August 2019 *Ella Higgs* [#16 Nov 2019 p.13]
Is it OK to tell a story in Focusing? *Peter Gill* [#16 Nov 2019 p.15]
Stories about stories (poems/quotes) *Gordon Adam* [#16 Nov 2019 p.16]
Practitioner Profile *Ruth Friedman* [#16 Nov 2019 p.7]

17. MARCH 2020 (Ed. Gordon Adam. 24 pages)

Report from the Sofa *Kay Hoffmann & Peter Gill* [#17 March 2020 p.3]
BFA Focusing Camp 2020 *Gordon Adam* [#17 March 2020 p.4]
An Introduction to Relational Wholebody Focusing *Ruth Friedman* [#17 March 2020 p.5]
New Year Focusing Retreat on Dartmoor *Kim McMahon* [#17 March 2020 p.8]
Moving through the Forest (poem) *Russell Kendall* [#17 March 2020 p.10]
Focusing – the Body Speaks from the Inside *Eugene Gendlin* [#17 March 2020 p.11]
Welcoming Grief – in Ourselves and in Community *Peter Gill* [#17 March 2020 p.15]
Kindness (poem) *Naomi Shihab Nye* [#17 March 2020 p.16]
Teaching Focusing in India *Fiona Parr* [#17 March 2020 p.17]
'Therapy in the Age of Neuroscience' (book review) *Philippa Bayley* [#17 March 2020 p.19]
Practitioner Profile *Helen Bryant* [#17 March 2020 p.21]

18. JULY 2020 (Ed. Gordon Adam. 29 pages)

Report from the Sofa *Kay Hoffmann & Peter Gill* [#18 July 2020 p.3]
Everything has Changed *Susan Jordan* [#18 July 2020 p.4]
Focusing in the Age of Coronavirus [#18 July 2020 p.6]
Focusing Safely Online: Health Effects of EMF Exposure *Gordon Adam* [#18 July 2020 p.8]
Staying Connected: Reflections on Teaching Children Focusing *Rene Veugelers* [#18 July 2020 p.10]
Co-Presencing in Wholebody Focusing-Oriented Therapy *Glenn Fleisch* [#18 July 2020 p.14]
The Door Swings Open: A Poetic Focusing Reflection *Gordon Adam* [#18 July 2020 p.17]
A More Beautiful World Shimmers Just Below the Surface *Charles Eisenstein* [#18 July 2020 p.21]
Two Poems for Covid Times [#18 July 2020 p.24]
Practitioner Profile *Marion Stumpe* [#18 July 2020 p.25]

19. NOVEMBER 2020 (Ed. Gordon Adam. 28 pages)

Coming Up for Air—a Focusing Retreat Experience *Greg Thomas* [#19 Nov 2020 p.3]
The Philosophical Roots of Focusing—Part I of Donata Schoeller's TIFI Presentation *Helen Bryant* [#19 Nov 2020 p.5]
Thinking at the Edge Empowers Us *Beatrice Blake* [#19 Nov 2020 p.8]
Our Journey Through TAE *Robert Copperwhite & Amona Buechner* [#19 Nov 2020 p.11]
Enabling Soulful Connection—Reflections on An Ongoing TAE Process *Gordon Adam* [#19 Nov 2020 p.15]
Poems for Covid Times *Arthur Tessimond & Susan Jordan* [#19 Nov 2020 p.18]
You Matter—the Implicit and Essential Message of Focusing *Peter Gill* [#19 Nov 2020 p.20]

Learning to Love the Wound *Harriet Brown* [#19 Nov 2020 p.21]
Practitioner Profile *Suzi Mackenzie* [#19 Nov 2020 p.24]

PART II: BY AUTHOR:

(88 individuals have contributed written pieces to the newsletter between issue 1 in June 2013 and issue 19 in Nov 2020)

Abdul Mateen Omary

Words from a Refugee – Who, How and Why? [#6 April 2016 p.15]

Addie Van Der Kooy

Embodied Presence [#9 July 2017 p.18]
Practitioner Profile [#12 July 2018 p.25]

Alan Tidmarsh

European Focusing Association Conference—A Review [#12 July 2018 p.3]

Alejandra Johnson Stapells

Living Focusing: Reflections on the First BFA Summer Focusing Camp [#10 Nov 2017 p.4]
Focusing Groups Today—A Review *Gordon Adam, Alejandra Johnson, Justin Haden, Nick Naydler, David Garlovsky* [#14 March 2019 p.9]

Alex Brew

Explorations of Campaigning, Art and Focusing [#6 April 2016 p.9]
View from an Armchair [#7 Nov 2016 p.8]
Introducing Focusing to Women who have Experienced Prison or Immigration Detention *Suzi Mackenzie & Alex Brew* [#8 March 2017 p.22]

Alex Maunder

Practitioner Profile [#6 April 2016 p.12]
New Books by BFA Members [#10 Nov 2017 p.22]

Amona Buechner

Our Journey Through TAE *Robert Copperwhite & Amona Buechner* [#19 Nov 2020 p.11]

Ann Weiser Cornell

Presence Meets 'Ego' [#16 Nov 2019 p.11]

Astrid Schillings

'Coming Home' – The 25th International Focusing Conference [#2 Oct 2013 p.3]

Barbara McGavin

Practitioner Profile [#2 Oct 2013 p.9]
Radical Acceptance of Everything [#7 Nov 2016 p.18]

Barbara Robinson

The Way of the Implicit [#11 March 2017 p.16]

Beatrice Blake

How the Feelings and Needs Card Game Can Help Us teach Focusing [#12 July 2018 p.7]
Thinking at the Edge Empowers Us [#19 Nov 2020 p.8]

Carmel Heany

A View from the Nineties [#5 April 2015 p.11]

Carolann Samuels

An Experience of the Focusing School [#5 April 2015 p.8]

Practitioner Profile [#9 July 2017 p.29]

News from the Sofa *Carolann Samuels & Helen Bower* [#11 March 2017 p.3]

News from the Sofa *Carolann Samuels, Helen Bower & Fiona Parr* [#12 July 2018 p.23]

News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#13 Nov 2018 p.18]

News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#14 March 2019 p.3]

BFA Annual Gathering and General Meeting *Carolann Samuels & Helen Bower* [#16 Nov 2019 p.7]

Catherine Torpey

A Message from Catherine Torpey [#5 April 2015 p.3]

Cathy Rowan

Befriending Dissociation: a Focusing Journey into the Not-here Places [#6 April 2016 p.4]

Charles Eisenstein

A More Beautiful World Shimmers Just Below the Surface [#18 July 2020 p.21]

Chris Wilson

Focusing and the Enneagram [#8 March 2017 p.17]

Claire Carter

Focusing Initiatives [#1 June 2013 p.5]

Clare Myatt

Practitioner Profile [#14 March 2019 p.26]

Us-ness: Describing the Indescribable [#16 Nov 2019 p.9]

David Garlovsky

When Are You Focusing Exactly Right? [#11 March 2017 p.8]

A Brief Review of Changes [#14 March 2019 p.7]

Focusing Groups Today—A Review *Gordon Adam, Alejandra Johnson, Justin Haden, Nick Naydler, David Garlovsky* [#14 March 2019 p.9]

Derek McDonnell

Teaching the Pause to Children [#13 Nov 2018 p.7]

Ed McMahon

The Habit of Felt Sensing [#13 Nov 2018 p.11]

Eugene Gendlin

Focusing – the Body Speaks from the Inside [#17 March 2020 p.11]

Eirini Davleri

European Focusing Association Conference—A Review [#12 July 2018 p.3]

Elizabeth Smith

Practitioner Profile [#11 March 2017 p.24]

Ella Higgs

Focusing at Boomtown Fair: August 2019 [#16 Nov 2019 p.13]

Evelyn Fendler-Lee

Personal Growth with Thinking at the Edge (TAE) [#10 Nov 2017 p.19]

Fiona Owen

Practitioner Profile [#7 Nov 2016 p.24]

Fiona Parr

News from the Sofa *Jerry Conway & Fiona Parr* [#1 June 2013 p.1]

News from the Sofa *Jerry Conway & Fiona Parr* [#2 Oct 2013 p.2]

News from the Sofa *Jerry Conway & Fiona Parr* [#3 Jan 2014 p.2]

Personal Reflections on the Early Days of BFTA [#3 Jan 2014 p.3]

News from the Sofa *Jerry Conway & Fiona Parr* [#4 Aug 2014 p.2]

Focusing with Pain [#9 July 2017 p.22]
News from the Sofa *Carolann Samuels, Helen Bower & Fiona Parr* [#12 July 2018 p.23]
Practitioner Profile [#13 Nov 2018 p.16]
News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#13 Nov 2018 p.18]
News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#14 March 2019 p.3]
Is it Possible to Focus with the Enormity of Climate Change [#15 July 2019 p.13]
Teaching Focusing in India [#17 March 2020 p.17]

Glenn Fleisch

Co-Presencing in Wholebody Focusing-Oriented Therapy [#18 July 2020 p.14]

Gordon Adam

Practitioner Profile [#2 Oct 2013 p.8]
A Focusing Proving of Wolf's Milk [#3 Jan 2014 p.9]
Focusing Retreats: an Unfolding Journey [#4 Aug 2014 p.9]
Changing Shape through Engagement & Connection [#7 Nov 2016 p.20]
We Need to Listen Fully (poems & quotes) [#8 March 2017 p.8]
Focusing and Touch—an Experiential Review [#8 Nov 2017 p.10]
Your Body is Your Home: Poems on a Biospiritual Theme [#9 July 2017 p.17]
BFA Summer Focusing Community Camp [#9 July 2017 p.25]
Poems and Quotes inspired by the Summer Focusing Camp [#10 Nov 2017 p.7]
In Praise of Letting Go of Looking for Problems and Difficulties in Focusing [#10 Nov 2017 p.11]
Focusing & Insight Meditation: An Experiential Comparison [#11 March 2017 p.13]
Focusing, Poetry and Radical Acceptance [#12 July 2018 p.11]
A Review of the Second BFA Focusing Community Camp [#13 Nov 2018 p.3]
Two Poems [#13 Nov 2018 p.13]
Focusing Groups Today—A Review [#14 March 2019 p.9]
The Supportive Presence of the Natural Environment in Focusing [#14 March 2019 p.22]
Poems and Commentary: 'The Magic and Power of Loving Relationship' [#15 July 2019 p.16]
Stories about stories (poems/quotes) [#16 Nov 2019 p.16]
BFA Focusing Camp 2020 [#17 March 2020 p.4]
Focusing in the Age of Coronavirus [#18 July 2020 p.6]
Focusing Safely Online: Health Effects of EMF Exposure [#18 July 2020 p.8]
The Door Swings Open: A Poetic Focusing Reflection [#18 July 2020 p.17]
Enabling Soulful Connection—Reflections on An Ongoing TAE Process [#19 Nov 2020 p.15]

Greg Madison

Spirituality in Psychotherapy: FOT [#4 Aug 2014 p.4]
Practitioner Profile [#4 Aug 2014 p.11]
Focusing for the Therapist [#12 July 2018 p.17]

Greg Thomas

Coming Up for Air—a Focusing Retreat Experience [#19 Nov 2020 p.3]

Harriet Brown

Book Review: 'Love and Imperfection: A Therapist's Story' [#15 July 2019 p.15]
Learning to Love the Wound [#19 Nov 2020 p.21]

Helen Bower

Untangling Parts of Ourselves *Helen Bower & Matthew Harwood* [#9 July 2017 p.8]
News from the Sofa *Carolann Samuels & Helen Bower* [#11 March 2017 p.3]
News from the Sofa *Carolann Samuels, Helen Bower & Fiona Parr* [#12 July 2018 p.23]
News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#13 Nov 2018 p.18]
News from the Sofa *Helen Bower, Carolann Samuels & Fiona Parr* [#14 March 2019 p.3]
News from the Sofa [#15 July 2019 p.20]
BFA Annual Gathering and General Meeting *Carolann Samuels & Helen Bower* [#16 Nov 2019 p.7]

Helen Bryant

Practitioner Profile [#17 March 2020 p.21]
The Philosophical Roots of Focusing—Part I of Donata Schoeller's TIFI Presentation [#19 Nov 2020 p.5]

Helen Evans

The Shift (poem) [#8 March 2017 p.5]

Ifat Eckstein

Focusing as a Sacred Bridge [#7 Nov 2016 p.11]

Ildiko Davis

A Safer Ride with Intense Feelings—Keeping Focusing Safe [#11 March 2017 p.5]

Isla Macdonald

BFA Summer Focusing Camp 2019 [#14 March 2019 p.4]

Jenny Brickett

Practitioner Profile [#1 June 2013 p.4]

Jerry Conway

News from the Sofa *Jerry Conway & Fiona Parr* [#1 June 2013 p.1]

News from the Sofa *Jerry Conway & Fiona Parr* [#2 Oct 2013 p.2]

What's in a Name? BFTA becomes BFA [#2 Oct 2013 p.2]

News from the Sofa *Jerry Conway & Fiona Parr* [#3 Jan 2014 p.2]

Community Wellness Focusing [#3 Jan 2014 p.8]

News from the Sofa *Jerry Conway & Fiona Parr* [#4 Aug 2014 p.2]

Joan Klagsbrun

A Focusing Approach to Positive Psychology [#7 Nov 2016 p.22]

John Threadgold

Working with Overwhelming 'Negative' Feelings [#2 Oct 2013 p.10]

Focusing and Spirituality [#4 Aug 2014 p.8]

Resource-oriented Focusing [#6 April 2016 p.3]

Justin Haden

Focusing Groups Today—A Review *Gordon Adam, Alejandra Johnson, Justin Haden, Nick Naydler, David Garlovsky* [#14 March 2019 p.9]

Jutika Healy

Practitioner Profile [#5 April 2015 p.14]

Being Here Supported by the Environment [#11 March 2017 p.20]

Labyrinth: Focusing with an Image [#14 March 2019 p.16]

Karen Liebenguth

Focusing in Nature [#7 Nov 2016 p.9]

Listening—a Precious Gift [#8 March 2017 p.6]

Karen Whalen

Relational Wholebody Focusing for Life [#11 March 2017 p.9]

Kate Mercer

Focusing in the Age of Coronavirus [#18 July 2020 p.6]

Kay Hoffmann

Focusing is... [#2 Oct 2013 p.11]

Report from the Sofa *Kay Hoffmann & Peter Gill* [#17 March 2020 p.3]

Report from the Sofa *Kay Hoffmann & Peter Gill* [#18 July 2020 p.3]

Kim McMahon

New Year Focusing Retreat on Dartmoor [#17 March 2020 p.8]

Lesley Miles

Poetry and Focusing [#7 Nov 2016 p.16]

Lesley Wilson

Biospirituality: a Brief Overview [#9 July 2017 p.15]

Linda Bourassa

Experiencing and Felt-Sensing through Photography [#10 Nov 2017 p.17]

Lucy van Praag

European Focusing Association Conference—A Review [#12 July 2018 p.3]

Manjudeva (also see Peter Gill)

Focusing School 2014 [#3 Jan 2014 p.2]

Exploring the 'Soul's Journey' through Focusing [#4 Aug 2014 p.2]

Focusing and Photography [#8 March 2017 p.19]

Practitioner Profile [#10 Nov 2017 p.23]

Marcella Calabi

Camouflage in Focusing – Look Again! [#7 Nov 2016 p.14]

Marion Stumpe

Practitioner Profile [#18 July 2020 p.25]

Marilyn Harding

Becoming a Better Focusing Partner through Community [#8 March 2017 p.9]

Mary Hendricks-Gendlin

Focusing as a Force for Peace: The Revolutionary Pause [#15 July 2019 p.10]

Matthew Harwood

Untangling Parts of Ourselves *Helen Bower & Matthew Harwood* [#9 July 2017 p.8]

Michael Lomvardos

My Biotope: Finding Your Optimal Inner Environment [#9 July 2017 p.19]

Nada Lou

Memorial and Memories of Gene [#10 Nov 2017 p.8]

Nick Naydler

Focusing Groups Today—A Review *Gordon Adam, Alejandra Johnson, Justin Haden, Nick Naydler, David Garlovsky* [#14 March 2019 p.9]

Nico Verschoor

From Spark to Beacon [#5 April 2015 p.9]

Pamela Carr

Focusing and Walking, Writing and Enjoying Wayside Flowers [#5 April 2015 p.10]

Magical Moments at Conference [#7 Nov 2016 p.6]

Congratulations Gene Gendlin on Your 90th Birthday [#8 March 2017 p.3]

To Touch or Not to Touch—Focusing, Healing and Touch [#8 March 2017 p.14]

In Remembrance of Gene Gendlin [#9 July 2017 p.5]

The Wisdom of Groundhog Day—a Book Review [#9 July 2017 p.27]

Focusing as a Remedy for Bingeing on My Smartphone [#11 March 2017 p.18]

Making the Most of the Newsletter [#11 March 2017 p.23]

Focusing—A Natural Process [#12 July 2018 p.20]

Patricia Foster

If I Keep Nothing Between—a Tribute to Gene Gendlin [#9 July 2017 p.6]

European Focusing Association Conference—A Review [#12 July 2018 p.3]

A Report from the EFA Gathering in Greece, May 2019 [#15 July 2019 p.3]

Paula Nowick

After the Shift, an Ahhhhh [#10 Nov 2017 p.14]

Peter Afford

How BFTA Began *Peter Afford* [#1 June 2013 p.1]
Practitioner Profile [#1 June 2013 p.4]
International Focusing Conference 2016 [#5 April 2015 p.14]
International Focusing Conference – What’s That? [#6 April 2016 p.10]
The Felt Sense in a Challenging World [#15 July 2019 p.7]
Focusing in the Age of Coronavirus [#18 July 2020 p.6]

Peter Gill (also see Manjudeva)

Our Bodies Feel the Bigger Picture [#15 July 2019 p.19]
Is it OK to tell a story in Focusing? [#16 Nov 2019 p.15]
Welcoming Grief – in Ourselves and in Community [#17 March 2020 p.15]
Report from the Sofa *Kay Hoffmann & Peter Gill* [#17 March 2020 p.3]
Report from the Sofa *Kay Hoffmann & Peter Gill* [#18 July 2020 p.3]
You Matter—the Implicit and Essential Message of Focusing [#19 Nov 2020 p.20]

Philippa Bayley

‘Therapy in the Age of Neuroscience’ (book review) [#17 March 2020 p.19]

Rebecca Harris

Swallows and Amazons in Buckinghamshire [#3 Jan 2014 p.11]

Rene Veugelers

Being Seriously Playful [#5 April 2015 p.5]
Staying Connected: Reflections on Teaching Children Focusing [#18 July 2020 p.10]

Rob Foxcroft

Epistle to a Reflective Listener [#2 Oct 2013 p.5]
Meditative Listening [#4 Aug 2014 p.5]
From the Sofa *Susan Jordan & Rob Foxcroft* [#6 April 2016 p.2]
From the Sofa *Susan Jordan & Rob Foxcroft* [#9 July 2017 p.3]
From the Sofa *Susan Jordan & Rob Foxcroft* [#10 Nov 2017 p.3]
Coronach (poem) [#10 Nov 2017 p.10]
New Books by BFA Members [#10 Nov 2017 p.22]
Book Review—‘Feeling Heard, Hearing Others’ [#13 Nov 2018 p.14]
Twenty Ways to Start a Focusing Session [#14 March 2019 p.18]

Rob Matthews

Practitioner Profile [#8 March 2017 p.24]

Robert Copperwhite

Our Journey Through TAE *Robert Copperwhite & Amona Buechner* [#19 Nov 2020 p.11]

Russell Kendall

Moving through the Forest (poem) [#17 March 2020 p.10]

Ruth Friedman

Practitioner Profile [#16 Nov 2019 p.7]
An Introduction to Relational Wholebody Focusing [#17 March 2020 p.5]
Focusing in the Age of Coronavirus [#18 July 2020 p.6]

Ruth Hirsch

European Focusing Association Conference—A Review [#12 July 2018 p.3]
A Non-Official Report from TIFI: Highlights from the Past Five Years [#13 Nov 2018 p.5]
A Non-Official Report from TIFI: Overview of the Membership Committee [#14 March 2019 p.5]
A Non-Official Report from TIFI: The Gendlin Centre and the Felt Sense Conference [#15 July 2019 p.5]

Sally Tadmor

Working with Clients on Business Success [#5 April 2015 p.6]

Sandy Gee

Focusing Dialogue on Community [#3 Jan 2014 p.5]

Sara Bradley

Children Focusing in the UK [#9 July 2017 p.12]
UEA Counselling Course Closure [#9 July 2017 p.26]

Sarah Bean

Out of the Woods [#5 April 2015 p.11]

Sarah Hadfield

Focusing in the Age of Coronavirus [#18 July 2020 p.6]

Sari Pekki

European Focusing Association Conference—A Review [#12 July 2018 p.3]

Susan Jordan

Focusing Thread [#1 June 2013 p.2]
A Space for Poetry [#3 Jan 2014 p.12]
Practitioner Profile [#4 Aug 2014 p.12]
From the Sofa *Susan Jordan & Rob Foxcroft* [#6 April 2016 p.2]
The BFA Gathering and AGM 2015 [#6 April 2016 p.6]
Conference: From Susan on the Sofa [#7 Nov 2016 p.4]
From the Sofa *Susan Jordan & Rob Foxcroft* [#9 July 2017 p.3]
From the Sofa *Susan Jordan & Rob Foxcroft* [#10 Nov 2017 p.3]
Poems for Covid Times *Arthur Tessimond & Susan Jordan* [#19 Nov 2020 p.18]

Suzi Mackenzie

Diversity in the Focusing Community [#5 April 2015 p.4]
Reflections on My First BFA AGM Gathering [#6 April 2016 p.7]
Identity, Diversity and Inclusivity [#6 April 2016 p.14]
Introducing Focusing to Women who have Experienced Prison or Immigration Detention *Suzi Mackenzie & Alex Brew* [#8 Nov 2017 p.22]
On Beginning to Deliver the BFA Skills Certificate Training [#12 July 2018 p.15]
Practitioner Profile [#19 Nov 2020 p.24]

Vicki Thomas

The BFA Focusing Camp in Suffolk: A Personal Experience [#16 Nov 2019 p.3]

Viv Stacey

Finding the Heart Centre [#4 Aug 2014 p.7]

Compiled by Gordon Adam. Updated November 2020.