

# The Focusing Connection

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July 2012

## Editorial

by Ann Weiser Cornell

Unresolved trauma is probably at the root of all of our most tangled, difficult issues. Luckily, working with Focusing is a great way to resolve trauma, and when we combine it with other methods it can be even more supportive. In our lead article this month, Focusing teacher Manjudeva offers practical, compassionate tips for finding safety and resources when working with issues that touch on trauma in our Focusing sessions.

I have always felt that Focusing is an ideal process for releasing trauma because of its noninvasiveness in which the body process is trusted to find its own pace. We can stop and start, we can respect inner messages that know how slowly to go and when to take breaks. And we can cultivate Self-in-Presence, which is the main thing that was missing when the trauma occurred. (I'm grateful to Richard Schwartz for that insight.)

Manju's article brings together the resources within Focusing with the discoveries from Peter Levine's work on trauma release. I enjoy the way Focusing is combinable with other methods. One thing I've learned from just peripheral knowledge of Levine's Somatic Experiencing is that shaking is one way the body releases trauma. If I'm Focusing, and shaking comes, I welcome it. Yawning, too!

"Secure attachment" is another piece of wisdom that is growing in prominence in the field of psychological healing. Researchers watching mothers and babies noticed that babies would look away from mothers sometimes, and when mothers allowed that to happen, holding a space for the babies to come back into contact when they were ready, that was part of a healthy development process. Mary Armstrong's story of how she connects with her granddaughter in a Focusing way may seem simply charming (and it is!) but it also has powerful implications for how we can be with others and ourselves. 

## Welcoming the Tiger!

Working with Trauma in Focusing (for Focusers and Companions)  
by Manjudeva (Peter Gill)



Being alive means that we will at some point experience trauma — those events that are overwhelming or too much for us to be able to meet and assimilate. Inevitably when we turn our attention inside in Focusing (or other similar methods), what wants attention is what has not been met — and that includes what we could call trauma. The word 'trauma' brings with it all sorts of associations and covers a huge range of human experience. It is in how an event impacts on a person's body and being, rather than the nature of the event itself, that defines what we call trauma. For example, it has been eye opening to me to find out that very everyday experiences such as routine operations or fevers can leave us experiencing some kind of symptoms or difficulties — even decades later.

My own journey in this started a few years ago, when I found myself overwhelmed and very anxious while leading a Focusing workshop where one of the participants fell into a very difficult place relating to their own traumatic past. I knew I was out of my depth. Later on I realized it triggered my own terror. This opened up an avenue of exploration that is still unfolding. As one result I trained in a method called

"Somatic Experiencing" developed by Dr. Peter Levine. Many of you will have come across his work; indeed he draws on Gendlin's work himself. This article is an attempt to share some of the insights and learnings from my journey with SE and Focusing.

This article is aimed at people who practice Focusing and their Focusing partners. It is aimed at those who might stray into this territory accidentally or who want

to or feel supported enough to explore it in the safety of a Focusing partnership. It is not meant to be a "how to guide" or a replacement for seeking professional support (from Focusing or beyond). It is a brief exploration of how we might support ourselves and our partners if we touch these places. If you find yourself "out of your depth" then please do seek support, either professionally or from your community of family and friends.

I'd like to look first at what the Focuser might do, then at what the companion might do.

### Tools for the Focuser

#### 1. Self in Presence and Facilitative Language

I want to start by acknowledging and celebrating the gift of what Ann Weiser Cornell and Barbara McGavin call "Self-in-Presence." This gentle acknowledgment of everything that comes in Focusing is hugely important. It means that we will respect and listen to any part of us that does not want to go to places that are scary or too much. It means we will spend time and give empathy to those places and only

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# The Focusing Connection

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## Welcoming the Tiger from Page 1

*When we find ourselves touching trauma, we might invite our body to show us what safe feels like, or sense it directly in the body.*

go deeper when it feels right enough for all of us. This will help to keep us safe, which is a key factor in exploring this material. We have the wonderful capacity to “check inside.” We might sense: “Is this OK to be with?” and really pay attention, listen to and respect what comes.

We have the the sensitive and supportive use of Facilitative language, that so helps us to develop a relationship with what is inside of us. And we have the use of invitational language, as a focuser and a companion.

## 2. Sensing what feels most safe — inviting a sense of what is most safe.

The word “safe” has a particular feel to it. It differs from other words like “grounded” and even “OK.” Something in us knows when we feel safe or not, in fact, something very very old in us knows that. This part of our brain and nervous system is millions of years old. How wise is that!

When we find ourselves touching trauma, we might invite our body to show us what safe feels like, or sense it directly in the body. I had a lovely example of this in my own Focusing, when my body gave me the symbol of being in the very bottom of the basement of a very tall building. At the top I could sense something very scary. I had just watched the film “Man on wire” the previous night — a film about an artist who tightrope walks between the twin towers in New York, without a safety net! He dances on them even. Yet in the session, I was at the bottom, as safe as can be, and could sense from there, the danger and strangely enough the beauty of what was happening up above. My body showed me both what

felt safe and something profound about what was scary. We might remember what safe feels like, and really take time to feel its qualities in the body.

## 3. Resources — inner and outer

I love this concept of resources. It is such a rich vein to explore. If we know we might be exploring something like a trauma place in Focusing, we could take some time (over many sessions even) exploring what are resources. In other words, what in your life, your experience and body right now supports you to feel safe? These can vary hugely. They might come from within, from the practical and simple contact with the floor or chair, or the flow of the breath. Maybe it comes through contact with a symbol. I still draw on a beautiful photo of a shaman I saw in a gallery in New York whilst on the way to the Focusing Summer School. Or it might be outside of us. We might sense the contact with the surroundings or the voice of our companion. Sometimes just the simple opening of our eyes (if they were closed) and looking around the room with our whole head and neck can bring a big relief. This movement is called orienting — and all animals use it: it’s a way of knowing directly where we, and often brings an immediate sense of safety. At this point I want to say that sometimes the language of grounding does not work for some people. For some reason it does not always evoke a sense of safety in the system. One of the biggest resources we have is the sense of safety, kindness and non judgement that we have from our companion, something that, at the time of trauma, was almost definitely not present.

## 4. Movement in the body

Movement can be a huge resource in this area. It is easy to imagine how the lack of movement might be part of trauma (again imagine the rabbit). Apart from fight or flight, the other survival response we have is to freeze. It sounds counter intuitive, but again, it is an ancient part of our survival mechanism. For wild animals, freezing might fool the predator into thinking they are dead and also it functions as a final numbing of the senses so our end is not so painful. It is useful at the time of trauma, but in our life afterwards, in post traumatic stress, the body can tend to freeze easily, leaving us more easily overwhelmed and prone to more trauma even. Put simply, the opposite of freeze is movement. If we find ourselves

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# Focusing Listening with Babies

by Mary Armstrong



Not long ago Abigail, my first grandchild, came along to change my life. Join me now for a typical “empathic listening” session with Abigail.

Abigail is searching for connection. Her eyes scan my face. She makes eye contact, looking intently into my face. I’m beginning to understand that she really wants to understand who I am. For my part I, too, want to share more of her inner life. The problem is she has no words and we humans depend on speech to reach out to one another. Or do we? I’m struck by the thought that just because she can’t say what she’s thinking doesn’t mean that a huge amount of observation and processing of information isn’t going on in her sponge-like new brain. Science tells us that babies are far more aware than we ever dreamed.

I struggle with how to bridge the communication gap with my little granddaughter. I don’t want to wait until she can talk to me. For decades I’ve taught listening skills. There must be a way Abigail and I can establish a wordless, empathic communication.

In regular adult empathic listening we tune into the other person, imagining as much as is possible what it’s like to be that other person. We stay in touch with our own inner felt sense, like a fine-tuned instrument picking up on the other’s emotional state. This is about far more than mere words. Sometimes words hardly matter. Could Abigail and I figure out how to do this?

We start one morning when Abigail is lying on the soft cushions of the sofa, chortling and shaking her favorite rattle. I move in close to her, looking down at

her face, seeking her permission to pick her up. Her wise eyes search my face, wondering what’s about to happen, then she reaches up to touch my face. I take her on my lap and wait for her to begin our listening session.

At last she makes a clucking sound. Maintaining eye contact I imitate her cluck. For a second she is thoughtful. Then she makes a dental dddddda. I do the same. Abigail says mamamamaaaa. I echo her. Several more sounds continue as Abigail “speaks” and I respond empathically. At last, she makes a funny sound, a “raspberry.” I return the rude sound and Abigail laughs and laughs. She’s been heard. She reaches for my face again and pulls my hair while I kiss her neck and cheeks. Together we collapse in joy, experiencing the intimacy of our connection.

This continues on a daily basis. I’m careful to mirror back Abigail’s hand movements, her facial expressions and her tone of voice. I’m responding with the same level of energy she sends out. As much as is possible I am experiencing how it feels to be Abigail and I’m letting her know, by resonating her feeling state, that I really care about how she feels and that I really want to know how she’s experiencing her life.

Okay, so I’ve entered Abigail’s inner life. Maybe she’d like to know more of what’s happening inside me. We begin another day with waiting until Abigail signals that she’s ready. I hold her close, then maintain eye contact. Again, she plays with my hair and snuggles her face into the nape of my neck.

I sit her on my lap where she can see my face.

“You’re my wonderful A-Bi-Gail,” I croon. ... I’m Grandma Mary. ... Grandma Mary loves you.”

She looks blissful.

“I’m so glad you’re here. I waited for you to come into my world. I waited for you” (kissing her face) “to be part of our family. I’m so glad you’re here.”

At this point Abigail looks away. She’s telling me she can’t tolerate any more emotional intensity. Oh good, that means she’s learning to regulate her own affect.

Each day we are together we repeat more or less the same listening “protocol,” if I can call it that. Below are the guidelines for Focusing Listening to Baby. 

## Guidelines for Focusing Listening to Baby.

- 1) Wait until the baby shows he/she is ready and interested in interacting with you.
- 2) Imitate the baby’s sounds. Treat them as you would an adult’s speech.
- 3) Mirror hand movements, facial expressions and any body language.
- 4) Be sensitive to and reflect feeling states.
- 5) When the baby turns away from you, respect his/her need to break off the intensity of the connection.

*Mary Armstrong lives in Toronto and is the author of Confessions of a Trauma Therapist: A Memoir of Healing and Transformation. She may be reached at [mary@marykarmstrong.com](mailto:mary@marykarmstrong.com).*

very scared or near something like this. Move your body a little. Feel the legs, move the head and neck. Alternatively, sense for movement that wants to come. These might be spontaneous in nature or micro movements in the body. I am not inviting you to make it happen but to listen if it does. Maybe the body is showing us what wanted to happen (a running or escaping, some kind of fighting). Maybe the body is showing what resource was missing. Maybe some of the energy that was triggered at the time is releasing. Be curious.



### **5. Symbols and metaphors.**

Sometimes the mind cannot encompass the hugeness of experience. This goes for many experiences, not just trauma. The only way we can meet it is through symbols. Our dreams speak to us in this way and if you are used to Focusing, you may well find this one of the main ways your body communicates (but not always and not in everyone). We might invite a symbol for all that we are sensing or that “whole big thing.” Some invitations I find myself returning to are “how does all this feel in my inner landscape” or “if this whole thing was a landscape, what would it be like?” or “how is it to have this something here inside?” Each of these evokes a bigger landscape of holding. We might see a ship on a stormy ocean, or a huge boulder in a valley, or a volcano in a mountain range. A symbol like this can hold the largeness of the kinds of experience we meet in trauma in a manageable way.

The other invitation I love is imagining the “somethings” we meet as animals. What kind of animal is this? What mood is it in? What does it feel? Is it scared or hurt, is it looking for something? For me, the helpful thing about this is that animals do not have any self judgements about their behavior. Running or attacking, pining or self soothing – all of this is natural and right to them. Evoking an animal might remind us of this quality of self acceptance and animal knowing.

### **6. My body is scared – meeting big sensations**

Something I found useful when meeting trauma was knowing that we might meet big feelings and big sensations. The forces and energies that are motivated in trauma are huge! We may meet somethings that are terrified, or rage-full or feel like they are disintegrating. We might sense

that directly in the body and it might be scary. It is good to remember how strong these can be on a physiological level. My SE teacher used to invite us to say “my body is scared but I am not. I found this really helpful (much like “something in me is scared”). Of course I am not inviting you to go anywhere you do not feel safe but more pointing towards what might happen.

### **7. Appreciating any movements towards feeling OK, safe**

In my own Focusing I can tend to over-focus on what feels difficult and uncomfortable. Of course we need to include this in our awareness. The trouble is, when something is very difficult and big, we can lose sight of the rest of our experience; the well-used and apt phrase “rabbit in the headlights” captures this. Our awareness narrows to such a degree that we cannot see or sense anything else. This of course has a survival value! We do not want to be appreciating the flowers by the roadside when a car is hurtling towards us. But when we meet a moment like this again in Focusing, it can be so helpful to notice what in our bodies and experience feels safe or OK, or is moving in that direction. Our bodies are amazing self regulating organisms that have a knowing about where and what would feel safe (even if we did not achieve that at the time). Where in your body do you feel most easy or most strong? Where do you feel most alive? Where does the life flow in you? There is a force of healing in the body that is always there, always looking to keep you alive and well – even in the midst of trauma. I find it hopeful to remember this!

### **8. Invitations**

I have noticed that once we have developed some trust inside through

regular Focusing, the body can be very responsive to invitations. We might invite for what support might be needed right now or “What might help me be with this?” or “What wants to happen right now?” or “What was needed or missing?”

### **As the Companion**

Just like the Focuser, we have so many valuable tools already. So what I say always comes in addition to those. Again this is about either the times when we find that our Focusing partner has touched a trauma place or that they want to go there with you in a trusted safe partnership

### **1. Checking in: before and after a session**

If we are in a regular partnership, and we are exploring these areas, we might simply check in with each other. Is this OK to go here today? Maybe as a companion you have had a wobbly day and you sense you would find it difficult to be present to your partner. You might share that with your partner. Check that you both feel safe.

After the session, you could share if we were OK with what happened.

### **2. Grounding and centering, Self in Presence**

Your presence as a another human being is a gift to your partner. Together you can travel to the edges of that space we call trauma. Your voice, your body, your kindness and non judgemental presence, your ability to be with are all aspects of this gift. As well as this, there are times when we may want to really emphasize the qualities of Self-in-Presence. We might really connect with our own resources, the earth, or even your own symbol

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of presence. All of this can be done without making it explicit. Speaking for myself, when I am listening to someone I often “resonate” with them, feel some sense of the emotion or body sense. When we are companionship someone in more scary places, it can help to “pull back” a bit and sense the resources in yourself more. Be there but add a little more emphasis to the qualities of safety and OK-ness in you — like ballast. The shorthand for all of this might be “Hold presence but don’t merge.”

### 3. “We” language

When we come across something that needs a lot of support, sometimes I have brought my own support explicitly into the session. Perhaps instead of saying “you might let it know that you are with it” you could say “let it know that we are with it.” It makes it explicit that we are on the journey together, and some parts of us really want to know that. As I mentioned earlier, one of the characteristics of trauma is that it happens alone in some way, or no one was available afterwards. Evoking your presence as another kind companion can be so powerful.

### 4. Trusting the body's process

We all know as companions that we are not there to fix or solve, or give advice or interpretations. Of course we want to be helpful or supportive. At times when I feel a bit uncertain of what to do or say, I remember the healing qualities of the body, of the whole system. Something inside of them (and you!) knows what to do. As a Companion, we can remember to trust that.

These are a few of my learnings on the journey and I hope they have been useful to you. It is important to say that the whole world of working with trauma is vast and complicated, rich and hugely challenging. What I say here cannot really convey all of what might be needed or met along your journey. You may need more support and I encourage you to find that, but one truth seems to shine through all of this is that something in us knows! — and if we really listen the gifts and healing will come, even from those places of overwhelm and trauma. ✨

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# Gentle Listening

## How Can Gentle Listening Make a Dent in a Tough World?

by Ann Weiser Cornell



I received this question from a male reader: “Is there something ‘unmanly’ or ‘feminine’ about focusing, especially Inner Relationship Focusing? My inner voices berate me for being sometimes emotional/vulnerable instead of tough, brave, maybe even willing to hurt others unflinchingly to get what I want.”

“Part of me is so wanting me NOT to be gentle with myself, because then I’ll just be wet/weak/ — oh no, got to ‘toughen up’. Beyond the inner voices are all those news items from around the world — brutal men are doing horrors and controlling multitudes — and I feel like I need an answer to them, for myself, and for the world. How can ‘gentle listening’ make a dent in the ways of the monsters who hold sway over so much of this world?”

### Here is what I wrote back to him:

There is a type of part — a deeply frightened type of “Protector” part — that sees all vulnerability and gentleness as something dangerous to you. This springs from traumatic experiences in the past where vulnerable emotions were associated with being profoundly hurt. As a way of protecting you from being hurt again, this type of part seeks out what it calls “weakness” and tries to crush and even to destroy those sides of you.

Words like “unmanly” are used like “weak” or “defective” by this kind of part, to try to influence other parts of you and exile emotions it thinks will cause disaster.

Parents who are identified with this type of part in themselves may also treat their children this way — with tragic results. Patterns perpetuate through generations but they can also stop here.

If you have a part of you that berates you for being emotionally vulnerable

instead of tough, brave, willing to hurt others, here is my suggestion: Be Self-in-Presence (grounded in your largest Self) and turn toward that berating part with compassion for how scared it must be feeling. It believes desperately that you need to “toughen up” because \_\_\_\_\_ . (Listen to it to find out ... something like: it’s afraid of what will happen to you if you are not tough.)

Treating yourself with compassion is not a pattern for how you will treat tyranny and injustice in the world. There are no enemies inside you, no bad guys. No monsters. Only frightened children who need the interested company and safe space provided by you, Self-in-Presence.

In the outer world, there may well be enemies, if you want to use that word. There are people behaving in hurtful ways who need good, brave people to find ways to stop them.

Being gentle inside ourselves does *not* make us less able to stand up to injustice in the outer world... on the contrary. Making the inner world a safe place for our vulnerable parts is something that we do from a place of inner strength. That is the same strength that we carry into situations that need us to stand up for what is right and protect the innocent.

Living our lives as Self-in-Presence, we find ourselves reacting appropriately to the various situations we meet. Some require strong assertion, others require backing away and waiting for a better time to act. Having done Focusing a lot, we are in a better position to sense what response each situation requires. There is no rule that fits all situations.

The inner world, your own inner world, needs your compassionate company. The outer world needs various responses. As Self-in-Presence, you can discern and act in flow, in ways that fit appropriately each situation. ✨

Ann Weiser Cornell is the editor of this newsletter. This article is adapted from Weekly Tip #300, October 4, 2011. Weekly Tips on Focusing may be subscribed to at <http://www.focusingresources.com>

# Connections

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

## In-Person Classes & Retreats

• LIVERTON, DEVON, UK: Level 5, **Sept 1-2**; Level 1, **Sept 8-9** Fiona Parr. 01626 821110 or [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

• GARRISON, NY: **Connections & Crossings Across Cultures – The Advanced & Certification Weeklong, Sept 8-14. 845-362-5222 or [www.focusing.org](http://www.focusing.org)**

• HABAY-LA-VIEILLE, BELGUIM: Focusing Weekend (in French), **Sept 14-16**, Martine Gilsoul, Annik Absil and Dominique Vateili. + 32 10 45 17 78 or [martinegilsoul@skynet.be](mailto:martinegilsoul@skynet.be).

• LIEGE, BELGUIM: Focusing et intelligence créatrice (in French), **Sept 15-16**, Marine de Fréminville. + 32 (0)4 287 70 07 or [info@focusingcenter.be](mailto:info@focusingcenter.be).

• DORCHESTER, UK: Level 1, **Sept 22-23**; Level 2, **Oct 20-21**, Fiona Parr. 01626 821110 or [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

• TORONTO, ON, CANADA: 8th Annual Children Focusing Conference: Focusing With Children & The Child Within, **Sept 27-Oct 2**. [www.focusinginthelearning-zone.com](http://www.focusinginthelearning-zone.com)

• BERKELEY, CA: Level 3, **Sept 29-30**; Level 4, **Oct 27-28**, Ann Weiser Cornell. 510-225-0690 or [www.focusingresources.com](http://www.focusingresources.com)

• NEAR OTTAWA, ON: Returning to True Nature: With Inner Relationship Focusing & Nonviolent Communication, **Oct 2-7**, Shulamit Day Berlevtov. See <https://www.facebook.com/events/378296528864083> or [shulamit@shula.ca](mailto:shulamit@shula.ca).

• BRISTOL, UK: Level 1, **Oct 6-7** Fiona Parr. 01626 821110 or [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

• ST. JUST, CORNWALL, UK: Focusing Holiday & Retreat, **Oct 12-15**, Fiona Parr. 01626 821110 or [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

## Phone & Skype Classes

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

• Levels 1-4 (including Level 2 & Level 4 for Healing Professionals), Module 1 of Teaching Focusing, Focusing Alone and Demonstrations of Facilitating Focusing all start in **Sept**, from Focusing Resources. 510-225-0690 or [www.focusingresources.com](http://www.focusingresources.com)

• Focusing: The Second Year starts **Sept 10**, Ann Weiser Cornell. 510-225-0690 or [www.focusingresources.com](http://www.focusingresources.com)

• The Power of Wanting starts **Sept 11**, Lucinda Hayden. 510-225-0690 or [www.focusingresources.com](http://www.focusingresources.com)

• Focusing-Oriented Therapy for the Real World starts **Sept 11**, Helene Brenner. 510-225-0690 or [www.focusingresources.com](http://www.focusingresources.com)

• Exploring Focusing & Meditation: Becoming & Being Fully Who We Are starts **Sept 19**, Jan Hodgman. 510-225-0690 or [www.focusingresources.com](http://www.focusingresources.com)

• Learn Focusing by Skype starts **Sept 19**, Fiona Parr. 01626 821110 or [fiona@fionaparr-focusing.co.uk](mailto:fiona@fionaparr-focusing.co.uk)

• Dreams & the Life-Forward Direction starts **Sept 20**, Eugene Gendlin and Ann Weiser Cornell. 510-225-0690 or [www.focusingresources.com](http://www.focusingresources.com)

• Community Wellness Focusing: An Approach to Using & Sharing Focusing in Daily Life starts **Oct 2**, Pat Omidian and Nina Joy Lawrence. 845-362-5222 or [www.focusing.org](http://www.focusing.org)

## Changes Groups & Associations

• VIRTUAL CHANGES GROUP: Meets twice monthly by phone. All welcome. See calendar at [www.askmehouse.com](http://www.askmehouse.com). Mary Elaine Kiener [me@askmehouse.com](mailto:me@askmehouse.com)

• ARLINGTON, MA: meets one Sunday afternoon a month. [www.arlingtoncenter.org/events](http://www.arlingtoncenter.org/events)

• NEW YORK, NY: Union Square area. Marsha Lipshitz, 212-734-9004 or [syoung5@juno.com](mailto:syoung5@juno.com)

• NEW YORK, NY: Westside, 1st Sunday evening each month. Larry Hurst [larry.hurst@focus-in-touch.com](mailto:larry.hurst@focus-in-touch.com) or 917-595 6884

• NEW YORK, NY: NY Metro Focusing themed community meetings. <http://www.nymetrofocusing.org>

• CHICAGO, IL: Meets the 3rd Thursday evening each month. Chel Ferraro, [chelferraro@comcast.net](mailto:chelferraro@comcast.net)

• OAK PARK, IL: Chicago-area group meets Tuesday eves. Bebe Simon, 708-524-1114 or <http://lgrossman.com/bebe>

• EVANSTON, IL: Sunday nights 7-9 pm. Marsha Smith, 847-491-1062

• BERKELEY, CA: 1st Friday evening of each month, 7-8:45pm. Francesca Castaldi, [francesca@focusingpathways.net](mailto:francesca@focusingpathways.net)

• SANTA ROSA, CA: 4th Friday evening of each month, 6-8pm. Laura Dickinson M.A., [laura@innerlifestream.com](mailto:laura@innerlifestream.com) or 707-527-7352

• CORVALLIS, OR: Friday afternoons 1:00-3:00pm. Nina Joy Lawrence, 541-745-5377 or [9ajoy@comcast.net](mailto:9ajoy@comcast.net).

• RENTON, WA: 3rd Monday. Gail Beck 425-226-9139 or Merry O'Brien 425-271-6417

• SEATTLE, WA: Meets 2nd Monday most months, 7:30-9pm. Jane Nelson, [JaneWN@aol.com](mailto:JaneWN@aol.com)

• VANCOUVER, BC: Every third Thurs afternoon Katarina Halm, [HappyBones@telus.net](mailto:HappyBones@telus.net) or 604-263-9123

• MONTREAL, PQ: English Group, 3rd Tuesday evening each month, 7-9:30pm. Kit Racette, 514-968-0927 or [kit@amindfulmoment.com](mailto:kit@amindfulmoment.com)

• MONTREAL, PQ: Solange Saint-Pierre at 514-384-3233

• OTTAWA, ON: Last Thursday of every month. Shulamit Day Berlevtov [shulamit@inbox.com](mailto:shulamit@inbox.com) or 613-868-9642

• SASKATOON, SK: Focusing Community Practice Group meets once a month. New members should have training and experience in Focusing. Contact Dr. Esther Stenberg at [stenberg.gpp.asr@shaw.ca](mailto:stenberg.gpp.asr@shaw.ca) or Sherry McDonald, RN, MAPP (C) at [sherry.mcdonald@sasktel.net](mailto:sherry.mcdonald@sasktel.net)

• SIMCOE CO/MUSKOKA, ON: One Sunday a month. Judy Archer, Orillia, ON. 705-325-2055 [judyarcher@rogers.com](mailto:judyarcher@rogers.com)

• LEEDS/HUDDERSFIELD, UK: Regular meetings, all fociers welcome. Contact [simon@reflect.fslife.co.uk](mailto:simon@reflect.fslife.co.uk) for details

• REP. OF IRELAND: The Irish Focusing Assoc. Quarterly meetings. Phil Kelly 01-4513207

• UNITED KINGDOM: For information about Focusing in the UK, and for workshop listings, please go to [www.focusing.org.uk](http://www.focusing.org.uk)

• WORLDWIDE: Memberships, Focusing partnership service, worldwide support for Focusing. The Focusing Institute, 34 East Lane, Spring Valley, NY 10977. Phone/Fax 845-362-5222, [www.focusing.org](http://www.focusing.org)

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