

An overview of Workshop 2 – Focusing – More than Mindfulness

- Brief background on focusing. The jargon - handle, resonate, felt sense, felt shift.
- The lead in – how to ground and get someone into their body
- Experience something you like and something you don't like
- The steps explained and handout given out - Gendlin's and Rappaport.
- Listening skills – minimal, the echo, pause, don't add anything.
- Sensing your own felt sense – notice and hold and be with your thoughts and feelings
- Clearing a space (CAS) – Gendlin's first step. CAS stands alone as a self care exercise.
- The Steps – revisited – CAS is the first step if wanted or needed Step 2: Choosing an issue to work on – Pause and say hello Step 3: Describing and finding a handle/symbol. Step 4: resonating – check if it fits, pause and let it unfold Step 5. Asking – process questions or Art (page 71 process questions – art on gingerbread man). Step 6. Receiving, thanking body, telling can come back and grounding
- WEEK 5, 6, 7, 8 and 9. Focus on an issue each week. Do a demo and then break into pairs. (Please note in schools for confidentiality reasons when the students are in pairs the content of the individual issue will not be discussed. The focuser will speak from their "felt sense" which may open through physical sensation, images, words or metaphors)
- Saying hello to something that is.....
- Week 5 Anxious
- Week 6 Sad (or something that won't let you feel good)
- Week 7 angry
- Week 8 shaming or blaming
- Week 9 Lacking motivation or finding it hard to make a decision
- Week 10 - Revision and reflection. Partnerships - where to from here

Some of the above has been adapted from Ann Weiser Cornell www.focusingresources.com and Gene Gendlin www.focusing.org and Jane Quayle www.creatingconnections.com.au Individual handouts will credit these experts. A full list of other references is included at the end of the workshop sessions and given to every participant.