

Focusing Process - References and Resources

Teachers/Websites/Resources

The International Focusing Institute
Founded by Eugene Gendlin as a Resource
Hub and Home of the Gendlin Library
<https://focusing.org>

Focusing New England, Joan Klagsbrun, PhD,
Live & Online Courses for Healing Professional
<https://www.focusingnewengland.com>

Focusing Resources, Ann Weiser Cornell, PhD,
Live & Online Courses for Healing Professional
<https://focusingresources.com>

Lynn Preston, MA, MS. LP
Live & Online Courses for Healing Professional
<http://www.lynnprestonforp.com>

Charlotte Howorth, LCSW
Live & Online Courses for Healing Professional
<http://www.howorththerapy.com>

Greg Madison, PhD
<https://www.gregmadison.net>

Focusing On Borden, Jan Winhall MSW
<http://www.focusingonborden.com>

Campbell Purton, Ph.D.
<http://www.dwelling.me.uk/index.htm>

Jeffery Morrison, MA, LMHC
Live & Online Courses for Healing Professional
<https://morrisontherapy.com>

North Jersey Focusing Trainers
Live & Online Courses for Healing Professional
<https://njfocusers.wixsite.com/njfocusers>

Focusing Now, Robert L. Lee, Ph.D.
Live & Online Courses for Healing Professional
<https://focusingnow.com>

New York Metro Focusing
<http://www.nymetrofocusing.org>

Northwest Focusers
<http://northwestfocusers.org>

Mindful Focusing, David Rome
<https://www.mindfulfocusing.com>

Nada Lou
<https://nadalou.com>

Washington Focusing, Helene Brenner, PhD and
Larry Letich, MSW, LCSW
www.washingtonfocusing.com

Focusing & Listening, Peter Afford
<http://www.focusing.co.uk>

BOOKS

Focusing, by Eugene Gendlin

Based on groundbreaking research conducted at the University of Chicago. Written for anyone, and explains the basics, offering simple step-by-step instructions.

The Power of Focusing, by Ann Weiser Cornell

Introduces Focusing as a gentle yet powerful skill that lets people tap into their wisdom and make positive changes in their life. Shows how to learn and practice Focusing.

Focusing-Oriented Psychotherapy, by Eugene Gendlin

Reading from a nutrition counseling perspective, this book examines the actual moment-to-moment process in counseling including ways that support effective forward movement.

Theory and Practice of Focusing-Oriented Psychotherapy, by Greg Madison, PhD.

Reading from a nutrition counseling perspective, this book provides a comprehensive introduction to how the Focusing process can be applied in nutrition counseling.

Focusing: Selected Essays, by Neil Friedman

This book contains twenty-six essays in crisp, down-to-earth language, that shares insights from his twenty-five years' experience with focusing.

Therapy in the Age of Neuroscience for Counselors and Therapist, by Peter Afford

Reading from the perspective of nutrition counseling, this book covers neuroscience's underlying key aspects of counseling and the processes enabling Focusing to assist clients.

Your Body Knows the Answer, by David Rome

Reading from the perspective of nutrition counseling, this book presents "Mindful Focusing", an integration of Eastern and Western techniques for accessing inherent wisdom.

I Know I'm in There Somewhere, by Helene Brenner PhD with Laurence Letich

This book shows how Focusing can help in discovering and expressing what is truly wanted and valued, and how to embrace rather than fix ones inner voice that has been there all along.

How I Teach Focusing, by Bebe Simon, with Rosa Zubizarreta

Describes how the process of Focusing can be taught, and encourages new ways of teaching it.

A Process Model, by Eugene Gendlin

In this book Gendlin presents his philosophy, in which the process of Focusing is rooted. A Process Model was published prior to his death and is referred to as his magnum opus.

ARTICLES

The Small Steps of The Therapy Process: How They Come and How to Help Them Come, by Eugene Gendlin at: http://previous.focusing.org/gendlin/docs/gol_2110.html

Don't Go It Alone: The Power of Focusing Partnerships, by Joan Klagsbrun & Lynn Preston at: <https://www.psychotherapynetworker.org/magazine/article/38/dont-go-it-alone>

Eugene Gendlin's Approach: An Awareness of "Experiencing", by Neil Friedman at: https://www.focusingtherapy.org/PDFs/General-Introductions/friedman_gendlin_annals.pdf

The Client's Client: The Edge of Awareness, by Eugene Gendlin at: <https://www.focusingtherapy.org/PDFs/Gendlin/GendlinClientsC.pdf>

The Experiential Response, by Eugene Gendlin at: https://www.focusingtherapy.org/PDFs/Gendlin/gendlin_experiential68.pdf

Focusing In An Age Of Neuroscience, by Peter Afford, at: <http://www.focusing.co.uk/PDFfiles/ageofneuroscience.pdf>

The Radical Impact of Experiencing on Psychotherapy Theory, by Akira Ikemi, PhD at: <http://www.akira-ikemi.net/ewExternalFiles/Pre-Publication2Crossings2017.pdf>

VIDEO CLIPS:

Focusing with Eugene Gendlin, https://www.youtube.com/watch?v=Bjhf_qUkISc

Come Home Through Focusing Listening, <https://www.youtube.com/watch?v=RZkxstpDszg>

Presence an element of Focusing, <https://www.youtube.com/watch?v=XBC8ZI0oCMA>

On Three Modes of Focusing in Therapy, <https://www.youtube.com/watch?v=B8jdBaxqQak>

Focusing Oriented Therapy, <https://www.youtube.com/watch?v=AfsWjionpcg>

Rogers and Gendlin about therapy, <https://www.youtube.com/watch?v=yuLYx3Hg0M4>

What I learned from Carl Rogers, <https://www.youtube.com/watch?v=xPcmBD4ZO-c>

An Interview with Akira Ikemi PhD, https://www.youtube.com/watch?v=min_FYtl6CI&t=8s

Carl Rogers on Empathy, <https://www.youtube.com/watch?v=iMi7uY83z-U>