

Read free Emerging practice in focusing oriented psychotherapy innovative theory and applications advances in focusing oriented psychotherapy (Read Only)

focusing is an internally oriented psychotherapeutic process developed by psychotherapist eugene gendlin it can be used in any kind of therapeutic situation including peer to peer sessions it involves holding a specific kind of open non judging attention to an internal knowing which is experienced but is not yet in words while focusing oriented psychotherapy is a distinct and effective form of psychotherapy in and of itself any therapeutic modality contains the value of focusing when the client is heard in such a way that a felt sense is allowed to form and bring something new to resolving problems what is focusing focusing is a process grounded in experiential listening as developed by eugene gendlin it is a powerful way of interacting with innate body felt knowing and leads to mutual respect authenticity and compassion focusing oriented psychotherapy assists one in removing the judgments doubts and fears that block one s access to their innate wisdom and self understanding focusing is the ability to stay with the felt sense as it develops to look at it with curiosity without judging it is the ability to welcome what comes to maintain a friendly attitude to whatever is inside you focusing oriented therapy is deeply respectful and empowering of the client s thoughts feelings and experience during sessions the therapist listens deeply to what the client says and encourages the client to be guided by their inner sense of rightness in focusing therapy therapist and person in treatment work to reaffirm the bodily knowledge a person has and allow the body to steer a person within future situations also influencing the the most important thing to say about focusing oriented therapy fot is that the therapist relates to the client as that particular person in there knowing that the person is never reduced to or exhaustively explained by any theory including the theory of fot with more than 50 years of studies demonstrating the usefulness of focusing oriented experiential therapy fot new research findings have provided further evidence of its efficacy in the treatment of various psychological disorders and issues

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