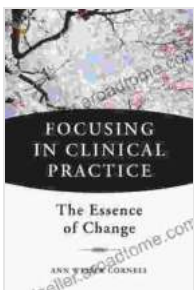


Focusing In Clinical Practice: The Essence of Change

What is Focusing?

Focusing is a body-oriented, experiential psychotherapy that helps people to connect with their inner wisdom and facilitate healing and change. It was developed by Eugene Gendlin, a philosopher and psychologist, in the 1960s. Gendlin discovered that when people pay attention to their bodily sensations and feelings, they can access a deeper level of awareness and understanding.

Focusing involves learning to identify and work with the "felt sense" - a vague bodily awareness that contains important information about our thoughts, emotions, and experiences. By attending to the felt sense, we can gain insights into our problems, develop more self-compassion, and find ways to move forward in our lives.



Focusing in Clinical Practice: The Essence of Change

by Ann Weiser Cornell

★★★★☆ 4.6 out of 5

Language : English
File size : 794 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 288 pages



Focusing in Clinical Practice

Focusing can be used in a variety of clinical settings, including:

- Individual therapy
- Group therapy
- Couples therapy
- Family therapy
- Trauma therapy
- Addiction recovery
- Chronic pain management

Focusing can be helpful for people who are struggling with a variety of issues, including:

- Anxiety
- Depression
- Trauma
- Chronic pain
- Relationship problems
- Career issues
- Spiritual concerns

The Essence of Change

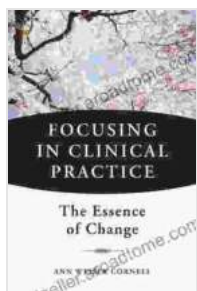
Focusing is based on the belief that we all have the capacity to change and grow. When we learn to connect with our inner wisdom, we can access the resources we need to make positive changes in our lives.

Focusing can help us to:

- Become more aware of our thoughts, emotions, and experiences
- Gain insights into our problems
- Develop more self-compassion
- Find ways to move forward in our lives
- Experience healing and transformation

Focusing is a powerful tool that can help people to achieve lasting change and growth. If you are interested in learning more about focusing, I encourage you to read Eugene Gendlin's book, *Focusing*. You can also find a certified focusing therapist in your area by visiting the Focusing Institute website.

By connecting with our inner wisdom, we can unlock our potential for healing and transformation.



Focusing in Clinical Practice: The Essence of Change

by Ann Weiser Cornell

★★★★☆ 4.6 out of 5

Language : English
File size : 794 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled

Print length : 288 pages

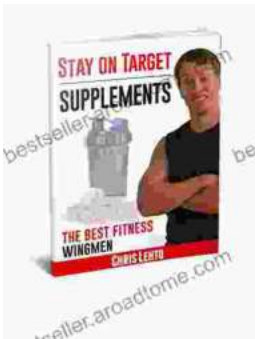
FREE

DOWNLOAD E-BOOK



Drawing and Illustrations of the 18th Century: A Journey into Artistic Brilliance

Step into the captivating realm of art and history with "Drawing and Illustrations of the 18th Century." This comprehensive volume offers an...



Stay On Target Supplements: The Best Wingmen

In the high-stakes game of achieving your fitness goals, you need the best possible support. That's where Stay On Target Supplements comes in. Our...