

Therapist Self-Care with Focusing Partnerships

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Focusing Partnership & Therapist Self-Care

- Easy to do
- Compliant with EFT
- Connecting to experience
- Connecting to the power of person-centered following

Opportunity for EFT therapists for

- Self-care
- Growth work
- Focusing training



Practical Stuff

- In person, online or phone
- 1 hour every 2-4 week
- 2 rounds of 20 minutes as focuser & companion
- Time to greet, evaluate, small talk & make new appointment



Types of Focusing

- Classic Focusering
- Inner Relationship Focusing
- Whole Body Focusing
- Bio-Spiritual Focusing
- Focusing-Oriented Therapy
- Integrated with EFT, PCT etc.



Focusing teachers



Eugene Gendling
Classic Focusing

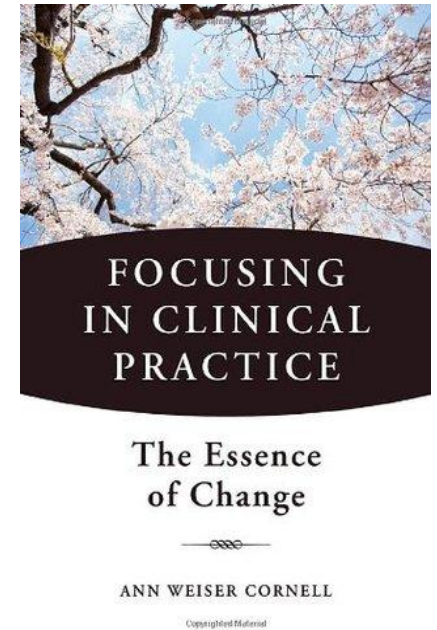
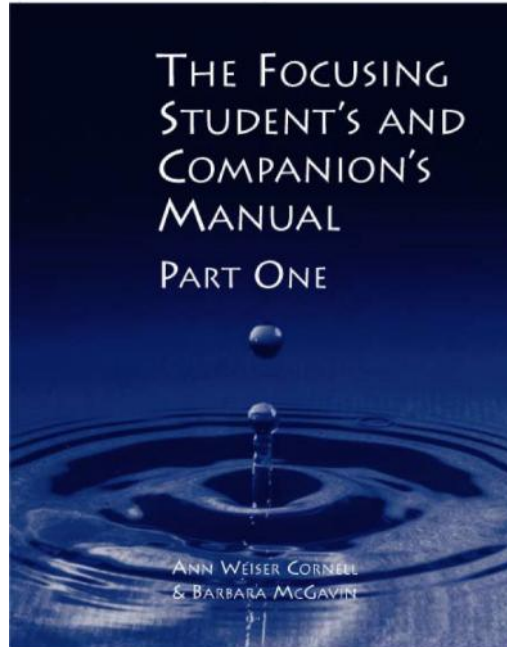
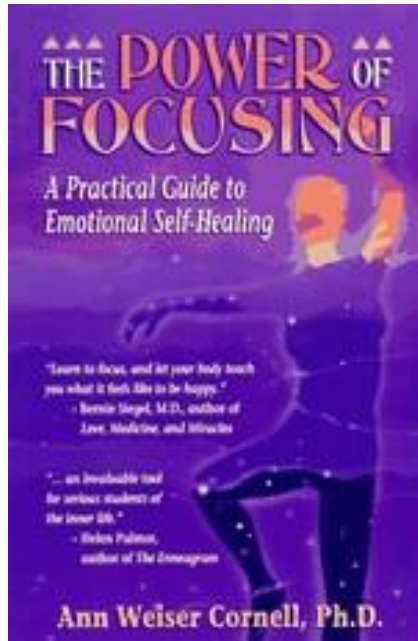


Ann Weiser-Cornell
Inner Relationship
Focusing



Elmar Kruithoff
Inner Relationship
Focusing

Inner Relationship Focusing Books



Inner Relationship Focusing

- Partnerships with focuser & companion taking turns
- Focuser is self-instructing & experiencing
- Companion is keeping time & reflecting experiences (not self-instructions)
- Inner relationship to parts or "somethings"
- Presence language
I am sensing something in me that feels
- Radical Acceptance



Presence Language

1. I feel so frustrated by what she did.
2. Something in me feels so frustrated by what she did.
3. I'm sensing something in me that feels so frustrated by what she did.



Classic vs Inner Relationship Focusing

Classic Focusing

- 1) Clearing a space
- 2) Felt sense
- 3) Handle
- 4) Resonating
- 5) Asking
- 6) Receiving

Inner Relationship Focusing

- Coming in
- Making Contact
- Deepening Contact
- Coming Out



Focusing Focus

- General focus
- Specific topic focus
 - Personal life
 - Work related





FOCUSER

Level 1 | Exercise 5

Coming In

"I'm taking time to sense into my body, first the outer areas, then throat, chest, belly, and so on"

"What wants my awareness now (about that issue)?"

Making Contact

"I'm sensing something..."

"I'm acknowledging this something"

"I'm sensing how it would like me to be with it."

"I'm finding the best way to **describe** it"

"I'm **checking** the description with my body"

Deepening Contact *(not necessarily in this order)*

"I'm sensing if it's OK to just **be with** this."

"I'm sitting with it, with **interested curiosity**"

"I'm sensing how **it feels** from **its point of view**"

"I'm sensing if it has its own **emotion** or mood"

"I'm letting it know I hear it"

"I'm open to any more it wants to let me know."

Coming Out

"I'm letting it know it's time to stop soon"

"I'm letting it know I'm willing to be back"

"I'm thanking my body and my body's process"



COMPANION

Level 1 | Exercise 5

(1) "Are you sitting comfortably?"

(2) "How many minutes signal would you like?"

(3) "What would you like from me as your Companion? [If the Focuser only says what they don't want, ask again what they do want.]

Pay attention to what the Focuser requested, and clarify before the session if you don't understand

In Silence:

- Be comfortable
- Bring your awareness into your own body
- Say hello silently to any of your own feelings
- Wait till the Focuser speaks

Interacting with the Focuser:

- Follow what the Focuser requested in a relaxed way
- Be open to requests during the session as well

- Don't ask questions or make suggestions
- Don't interpret or analyze
- Don't take responsibility for the process
- Don't think you have to do something if the Focuser is silent or doesn't know what to do
- Your job is simply TO BE!

Benefits of Partnership vs. Individual

- Empathic presence from another
- Symbolization expressed to another helps quality and depth of experience
- Motivation for focusing self-care



Benefits for the Focuser

- Reconnecting to experience
- Bringing the process forward
- Always a new experience – access the self-healing and actualizing tendency
- Therapist Self-Care
- Growth work
- Focusing training



Benefit for the Companion

- Build trust in the power of person-centered following and emphatic reflections
- Build trust in the actualizing tendency and client as active self-healer
- Learn about your therapists inner world
- Focusing training

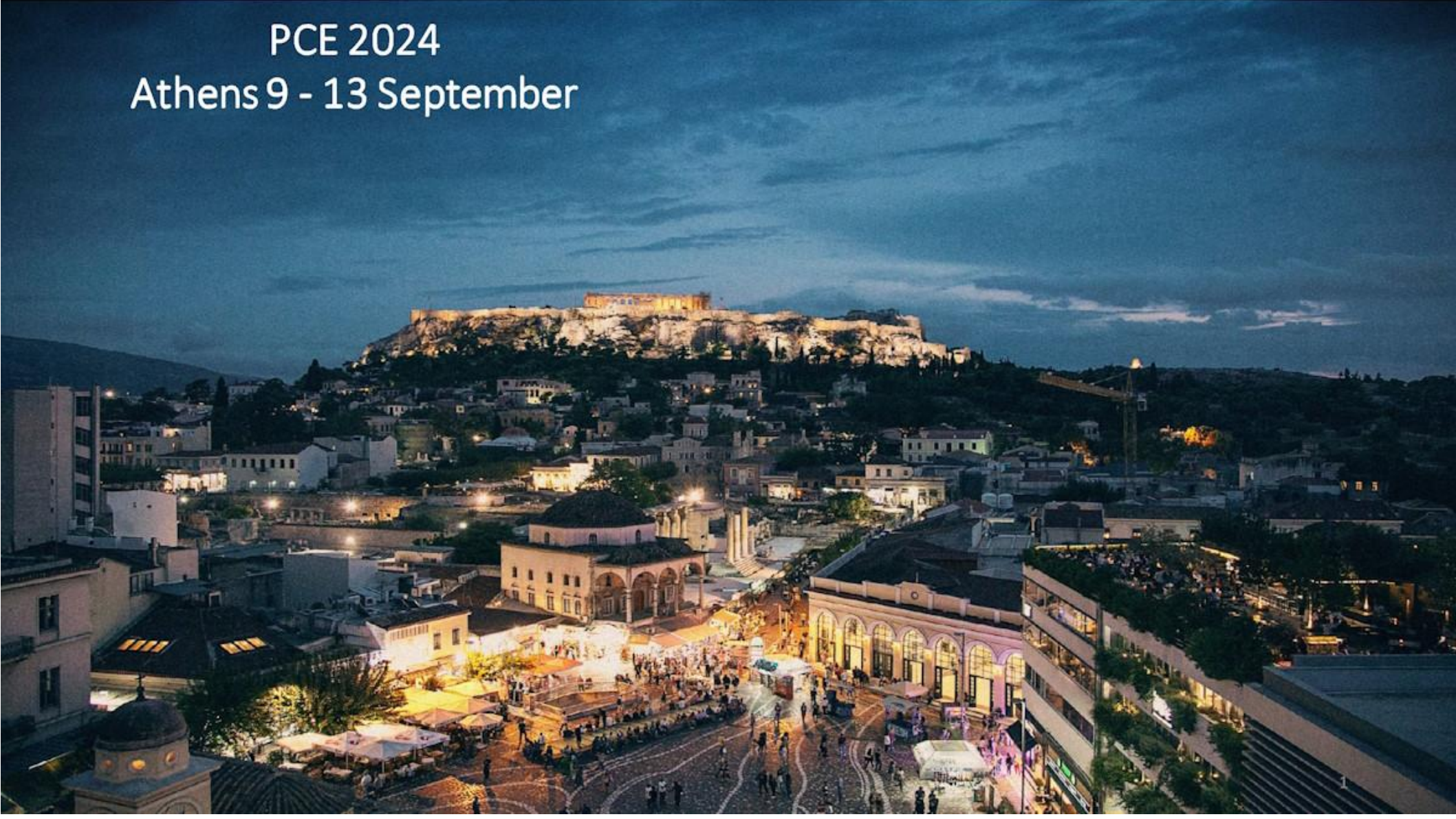


Focusing partnerships uses

- Therapist Self-Care
- Therapist growth work
- Part of EFT training program for new EFT therapists as focusing training & therapist self-care method



PCE 2024
Athens 9 - 13 September



Thank you

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