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Teaching Focusing without the Six steps

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This title is intriguing and challenging the reader. Questions like: what does it mean and how can one do it? What happens to the implicit? What about the more? What about the steps and the felt sense?

Our premise is exactly what Eugene stated: Focusing is a natural human process that most of us forgot about. Some have it and do not know that they have an amazing process at the tip of their fingers that they can use on a daily living to increase their sense of well-being. Others who are clocked and resistant to approach any talk about feelings do not understand that their organism like all human bodies carries and responds to the living situations.

Can we connect people to their own body wisdom and teach them on how the human organism works in a short time??? Yes!

Can we teach them how to become their own best friends and practice every day dis-identification with their thoughts or feelings??? Yes. Yes !

Can we recruit the client or the child in kindergarten to befriend his body?? Yes.

Can school teachers, kindergarten teachers, professionals and workers in different departments in municipalities can take care of themselves during work time. YES!

We, Atsmaout and Bilha, have been teaching this approach throughout our work in Israel for the past 16 years. The results are quite impressive from the self-reports of our participants. Most impressive is the fact that adults and children of different ages are recruited to become their own best friends.

They learn to identify the body as a source of amazing stream of information that calls them person for attention. They pause and STOP! sit with sensations and listen to what is there.

They learn to become the Manager of their House who is active and responsible to make decisions in difficult times.

In the workshop we intend to share with you this information and most important practice the approach.



The approach is not new in the concepts we use. It is not about inventing the wheel. It is about approaching the body mind from a special angle that everyone knows about but it is not emphasized enough. The concepts are simple, make sense to each ear young or old. It raises interest in the audience saying: of course I know this, it is interesting! I just NEVER THOUGHT ABOUT IT IN THIS WAY! This makes a lot of sense.

Who are the main players in the scene of Inner Healing?

The concepts that we will explain and then practice in the workshop have to do with the important question stated above. Can I the therapist be clear and simple to **recruit the client** to become the major player in his own journey with a full understanding of what are the principles for healing?

In this approach the main players are:

The Manager of the House!

Becoming a Co-Creator

The importance of the Survival Body

The relationship between the Manager and the Survival Body

Patterns that occupy places in the emotional realm

The Principles of how healing happen

The role of psycho education in this approach

In summary, you know about it all and it is great! We are happy; we will not have to teach you about that. You are going to learn how to package what you know in a way that people and clients can connect with Focusing in most simple and fast way, see results right away and take responsibility for their inner world.