

- Humboldt Haus Achberg, Germany

EFA Annual Gathering 2024

Surfing the Waves of Life: Sensing and Thinking Freshly

Details on our website [click here](#)

Under each heading that interests you, include your name and what you want to share. Feel free to add your wishes and ideas, even if you do not know yet if you will join. Add more headings as you wish.

Do not click Save, it will happen automatically. Please keep the email with the link to make and to access updates any time

Details about our gathering are posted here:

<https://efa-focusing.eu/news/upcoming-efa-events/>

Any questions? Contact: Amona amona@move-with-life.org

Participants EFA gathering 2024 in Germany:

Make your registration with the venue here: <https://humboldt-haus.de/anfrage-individual/>

1. Amona Buechler (Germany) amona@move-with-life.org
2. Lucy Hyde (Scotland) lucyhyde@protonmail.com
3. Sari Pekki (Finland) sari@spekki.fi
4. Ria van Hage (Netherlands) riavanhage@gmail.com
5. Peter Afford (England) peter@focusing.co.uk
6. Heidrun Essler (Germany) essler@essler-seminare.de
7. Lucy van Praag (Italy)
8. Christiane Geiser (Switzerland) christiane.ti@bluewin.ch
9. Freda Blob (Germany) focuszart@email.de
10. Paola Schiesaro (Italy) schpao@hotmail.it
11. Gosia Bochinska (Poland) m.bochinska@targo.com.pl
12. Bruna Bladino (Italy) blandino.bruna@gmail.com
13. Rosella Salari (Italy) rosysal60@gmail.com

14. **Rosella's husband Gianni Piano Mortari (Italy)**
15. **Regina Jürgens (Germany)**
16. **Herman Jürgens (Regina's husband) (Germany)**
17. **Ruth Hirsch (Israel)** conscioustouch@gmail.com
18. **Olaf Scholtyssek (Germany)**
19. **Danny Gehlen (Germany)** dgehlen@focusing-institut.eu
20. **Judith Moore (England)**
21. **Cornelius Gehring (Germany)** corn.gehrig@focusing-institut-berlin.de (
22. **Fiona Parr (England)** fiona@fionaparr-focusing.co.uk
23. **Tom Larkin (Ireland)** tolark@hotmail.com
24. **Silvia Boorsma (Germany)** silvia.boorsma.boehm@yahoo.de
25. **Thomas Franke (Germany)** tomfra@t-online.de
26. **Juliane von Crailsheim (Germany)** allday@live.de
27. **Teresa Dawson (Switzerland)** info@teresadawson.ch
28. **Olga Tucek mit Theresa Dawson**
29. **Jacoby van der Ende (Netherlands)** jacoby.focussen@gmail.com
30. **Eveline Kroese (Netherlands)** e.kroese@xs4all.nl
31. **Marion Stumpe (Germany/UK)** marionstumpe@protonmail.com
32. **Pauline Albers-Mitchel**
33. **Haik Petrossian (Germany/Greece)** haik.petrossian@me.com
34. **Dietmar Steinbach (Germany)** dietmar@steinbachandfriends.de
35. **Hejo Feuerstein (Germany)**

Share Travel information:

Amona: As part of the steering group, I will already arrive on Monday, September 23 by train to Lindenau Reutin.

Lucy: Arrive Tue Sept 24 by train from Zurich, arriving Lindau 11.08. Leave Monday 30th from Lindau 10.31

Ria: as part of the steering group I will arrive on Monday September 23rd by car.

Sari: I will arrive on Tuesday by train from München/Munich (a morning flight arriving around 7:40 hrs).

Ruth: I will arrive on Tuesday by train from Zurich. My flight is due at 11:20 a.m., and I am scheduled to get into Lindenau at 3:08 p.m.

Fiona: I am arriving at Zurich airport at 10am on Tuesday 24 September.

Gosia: I am arriving at Munich airport at 7:40 on Wednesday 25 September

Dietmar: I will arrive Thursday late afternoon by car; leaving Saturday morning. (Humboldt Haus is informed; but accomodation outside)

Judy and I (Christiane) will arrive at Lindau-Reutin Wednesday 16.12 and will take a taxi from there.

Peter: With luck, I will arrive at Zurich airport on Wednesday at 14.25 and get a train that arrives at Lindau-Reutin at 17.08

Ideas for the EFA gathering 2024, wishes, needs, topics, activities...

Ideas and contributions are welcome here, as well as at the beginning of the gathering. Our theme might inspire you for what to offer or ask for.

The Gathering Theme

Surfing the Waves of Life: Sensing and Thinking Freshly

Add your idea here

- Reading and sharing about Gendlin's last chapter in his book "Focusing" thirteen "Experiences beyond roles" this chapter fits very well with our theme. (Amona)
- I could offer a practical session of person-centered and body-oriented constellation work based on Peter F. Schmid/Rogers (with a physical intro and 1-2 constellations followed by a sharing round, 2.5-4 h). (Juliane von Crailsheim)
- A research (verbal or physical) could follow: What if we combine constellation work with focusing sessions? (Juliane von Crailsheim)

- I could give a seminar or a demonstration about working with strong emotional blockades or pain treatment (Combination of focusing and Eye movement **(Who suggests this?)**)
- I could give a briefing about the new research questionnaire “Focusing Skills Inventory” (FSI) and could discuss implications for teaching everyday Focusing attitudes/Felt Sense Literacy (1/2 h).
<https://doi.org/10.1080/14779757.2024.2373155> (Danny)
- I’m asking for support in order to experiment with an exercise called “Making a bouquet” which I learnt from Satoko Tokumaru. Interested or curious? Please bring color pencils or color felt pens or whatever you like to use for drawing plus white paper. (Rosella Salari)
- Dance Party (Amona) bring your favorite music
- Fire and singing (Amona) bring your songs with cords and your instrument
- Always in for a stroll into nature, be quiet and connect with earth and bird (Eveline)
- I would like to offer another group meeting using felt sense dialogue around challenging collective issues such as geopolitics or climate change (Peter Afford)
- Mich beschäftigen seit einigen Jahren Fragen wie: Wie stelle ich mir “Aktualisierungstendenz” (Rogers) irgendwie im Detail vor? Und in Verbindung damit: Gibt da Gendlins “Fortsetzungsordnung” ein wenig (oder vielleicht auch eher mehr...) einen Teil einer Antwort? Wenn jemand Lust hat, da ein wenig auszutauschen und rumzuforschen.... (Thomas)
- I’d like to offer a gathering to look in a Focusing way at aging- our feelings about aging, and using Focusing to access what is wanting to come for each of us regarding how we live and would like to live our lives. (Ruth)

- I could offer a discussion round on “Focusing-oriented Coaching”. Sharing experience and meeting people who are interested in this topic. (Dietmar; only Friday would be possible for me)
- I would like to show you a variation of focusing that I use regularly in my training and which I find quite eye-opening: the person focusing knows the content of what they want to talk about, but I, as the listener, do not. (Christiane)
- I would like to continue the interest group ‘environmentally orientated experiencing’. This is not about discussing climate problems, but about experiencing our relationship with the non-human beings around us. And taking care of our own feelings, triggered by the climate crisis. (Teresa) German/English
- Round-table on ‘Spiritual Bypassing’ and how it could be addressed. (Haik) German/English
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Some inspirations from EFA gathering in Bassano del Grappa 2023

Touched deeply by the flowing kindness in our gathering. By The meeting was a thoroughly enjoyable experience: the medieval town of Bassano, the splendid villa and its grounds, and the stimulation of conversations with focusers from euro countries and beyond.

There’s nothing that compares with these international gatherings of focusing people, there’s a good-heartedness amongst us that the rest of the world could learn from! I look forward to the next meeting.

By Peter Afford

Thank you for a wonderful gathering. It was so lovely to be back in Bassano again, reconnecting to people I met last year, and forming some new relationships too.

I truly appreciate the hard work and efforts that go into making such an event, by the steering group and others involved.

I also at no point underestimate the contribution of those who speak English when they might be more comfortable, and feel more themselves, speaking their mother tongue. I am very grateful to you, and would

welcome continuing to explore opportunities for a gathering that is inclusive and equitable in language terms – and the introduction to a cross-lingual focusing method was very hopeful.

The daily morning Qi Gong groups helped me to settle myself and connect me to myself, others and the very special place that we were in. I so appreciated the opportunity to combine spending time with other Focusers, and also enjoying the landscape and the town on my own, responding to my sense of what I needed.

By Lucy Hyde

Feedback and sharings from our gathering 16 October 2022

What has touched you in this gathering, or what is important for you to take away with you, or a significant moment.

‘Everyone is bringing something more, something very special, in this gathering. I’m really celebrating all this, that is happening.’

‘The significant moment for me was witnessing the process of decision-making about how to go on, decision-making that was led in such a Focusing way, and that really touched me.’

I’m taking with me a sense of belonging; meaningful connections with a common language and a common human horizon.’

‘ I felt connected with myself and with the others too, with strangers from myself and also with an old part of me. I am grateful.’

‘I came with doubts about my physical fitness, which really interfered with my being present in the group – and now I am glad that I did it, and felt connected to other members.’

‘Great Focusing Constellation about what is behind this so-called upcoming Fascism in Europe. Nice group. Good luck.’

‘This was a great journey towards our European Focusing spirit. And we made this journey in an experiential way, all together, with all openness.’

‘It was like a good home, where you can be free to express yourself every way you need to do it in that moment, knowing that your “relatives” will be there for you.’

‘An amazing and challenging space for co-creation and togetherness. Huge gratefulness. The venue is very special and supportive. I hope to join here again.’

‘Here we are on the way from our inner living forward energy towards each other. Creating a space where connecting and relating happen, and shared leadership can grow.’