

Oct. 13-16 in Italy, Bassano del Grappa

EFA Annual Gathering 2022

<https://efa-focusing.eu/meetings/>

The Art of Relating

“Relationships & Interacting”

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 or visit the homepage of <https://efa-focusing.eu> .

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

I will come to the EFA gathering 2022 in Italy and here is my contact info:

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Ideas for the EFA gathering, October 13-16, wishes, needs, topics, activities...

While we already collect ideas, ideas and contributions will be welcome even if suggested at the gathering.

The Art of Relating - "Relationships & Interaffecting"

Teresa:

I would like to share or even offer a mini workshop about my concept of 'environmental centered experiencing', i.e. relationship/interaffecting with nature and climate issues. I teach such groups mainly in German. In France I was happy to practice the same amongst colleagues in English. And I am very much interested how you deal with these crises yourself and in guiding your clients.

Amona:

I would enjoy a daily time-slot dedicated to simply Focusing partnerships.

Lucy Hyde:

As a trainee practitioner who's gradually incorporating Focusing more into my life and work, but who feels there's always more I could be doing with Focusing, or places I could be bringing it to, I'm particularly interested in

sharing knowledge and experience with others of **how they/we use Focusing professionally and/or live a Focusing life.**

We're staying in a beautiful area and I'd be interested in taking Focusing outdoors with anyone who's interested - I'm not sure what this would look like but it's something I want to explore generally.

Amona:

*I am envisioning to offer the following **mini-workshop/space** for exploration and discussion, based on my experimentation:*

Focusing as an interrelated process

A practice for listening and reflecting from your whole self

When the Companion is in deep contact/resonance with the Focuser, a shared experience occurs. In that shared experience - as the Companion attends to what occurs within them - they know something about what is present in the Focuser.

I want to introduce an experiment where the Companion shares their resonance, their felt experience in response to what the Focuser is being with and with how the Focuser is being with their experience.

Examples of how a reflection might look like:

- *"When you said ...(this and that)... my heart started beating faster."*
- *"When you described that you sensed ...(this and that)..., I suddenly felt like getting grounded, and a deep out breath happened."*
- *"When you were pausing in silence, I noticed myself drifting away."*
- *"When you were pausing, I found myself on high alert, curiously waiting for what would show next."*

What might happen in this kind of process?

At times, the Companion perceives an inner felt resonance about the Focuser's something before the Focuser consciously becomes aware of it in themselves. When the Companion shares this felt resonance in response to something the Focuser had not verbally expressed, the Focuser often feels even more deeply heard. When the Focuser resonates the Companion's symbolization and recognizes those aspects within

themselves, it brings in something very fresh. A body shift often occurs, and it can move the process forward in beautiful ways.

This is a delicate, intimate, fascinating process and requires a good foundation in Focusing skills and great care.

Bo

I just want to get to know you all and see how the EAF works

Fiona:

I would like to have a get-together in person with the EFA teachers' group, and invite anyone else who would like to join us.

Ria - Maybe we can have a get-together, sharing, and what could be done to move EFA's mission further. *For example, together, we might create an EFA program we can offer online, Focusing ...*

Ria - I could offer Relational Focusing Constellations

*With that we can **work on new fresh topics, subjects, and questions that arise around EFA.** The Constellation can show us **how to move forward the relevant system,** and what wants to be seen, processed, and shifted on a deeper level.*

With the constellations we work with the felt sense of the topic and all relevant aspects are represented by participants who make the dynamics and relations explicit by following their felt senses. The whole relational field can shift and move forward, the fresh living forward finds its way.

*- I love the idea of Ria supporting us to look at issues, etc around EFA!
(Ruth)*

Amona & Ria could offer a workshop

Belonging Beyond Borders (as offered at the International Focusing Conference in France 2022)

In a very gentle way, we can explore and experience our felt senses of ‘our place and space’, our personal belongings and affinities, and our boundaries, within and without borders. We can experience our connections and belonging in the Focusing world. Our body and felt sensing leads us the way as we move through the room finding our circles of belonging and relating...

Dietmar

I could offer a workshop “Focusing and Zen”

-I am interested

Virpi

> Update by Dietmar:

Unfortunately I did not have the time to prepare anything, so I will not offer this workshop

Dietmar

I would be interested to start a working group
“FoC Focusing-oriented Coaching”

To discuss FoC with people who are interested in this topic.

Rosella Salari & Karine Audeguy

could offer a workshop

“Synergising the connection between Focusing and NVC – Be yourself and better together!”

Rosy and Karine are two Nonviolent Communication (NVC) and Focusing practitioners:

Rosy has always dreamt to enhance one with another, because NVC & Focusing make sense to her being.

Karine arrived a bit later with Focusing, and she sensed straight away that it also makes sense!

What makes so much sense?

What Rosy and Karine are sharing, is it that they both had been using Focusing and NVC to create the environment they like to be in; the connections with close family and friends, bigger circles, and even the World!

In this workshop, we will look for synergies between Focusing and NVC, present and discuss them with you, in inviting you practicing!

We meant to have an interactive workshop, where you and Rosy and Karine, will experience new ways to be with yourselves and with another.

Do you have any old conditioning or pains, loud inner critic, or did you have any experience of snapping at spouse, children or coworkers?

Our goal is to support ways for handling these situations with Focusing & NVC consciousness. And being aware that shifting our paradigms could take some time as you and Rosy and Karine might have different priorities...

What you will learn could be new impulses for your work with clients, as psychotherapists or body therapists, coaches, trainers, etc..

Bio - Rosella Salari

Rosella is Italian, happily granny of two and.. still feeling thrilled in learning.

After retiring she started looking for a way to create environments of better relationship with herself and others. So she trained as a person centered counselor and a mediator. She's been practicing mediation for 3 years, then paused it.

Certified Focusing trainer in 2016, Focusing started to really make sense to her when she felt ready to let Focusing happen into the big picture of Gendlin's Philosophy.

Rosella encountered Nonviolent Communication (NVC) by the word of mouth! Somebody told her about that process and it seemed to her really useful in mediation. This explains why she has some skills in NVC mediation learnt from Ike Lasater and John Kinyon, Miki Kashtan, Roxy Manning, Newt Bailey and Yoram Mosenzon.

In these days Rosella is interested in cultivating Focusing&NVC approach and she follows the trainings of her mentor, Beatrice Blake: Rosella's longing is to develop her own style of sharing Focusing and NVC.

Bio - Karine Audeguy

Karine supports and trains individuals to better thrive in their life. She is associating knowledge of Resonance, somatic experiences, trauma informed Coaching, Nonviolent Communication and conflict resolutions to assist her clients. She is drawn to accompanying her clients to reconnect with their own existential why; resonating with compassion to their internal power of healing.

Karine is being introduced to Focusing during Nonviolent Communication training and she is receiving supervision with a certified Focusing Coach.

As a French native, fluent English speaker and good knowledge of German, Karine is working in an international environment, mainly through video conference.

She is particularly drawn to supporting non-native English speakers in English and as well as people impacted by cultural privileges and gender differences.

Karine

could offer a workshop

30 minutes NVC Introduction (NVC = Nonviolent communication after Marshall Rosenberg)

Ruth

I'd like to explore using Focusing with Aging. Have given this a lot of thought and would be happy to brainstorm with others, and also do some Focusing around this issue. Anyone interested?

-Yes Ruth, I'd be interested, thank you for offering.

Rosella (Salari).

-Thank you, I am interested

Virpi

- Thanks, Rosella & Virpi!

Ruth

Amona

I want to use the meeting room 8:00-8:30 am, before breakfast, for a stretching and meditation time. Would love to share that space.

Ruth

Great idea- will it be open earlier for those of us who like to do yoga, etc?

Heidrun

I suggest to start with Create our gathering. This can be done quite quickly

like in “Open Space”: having the time slices and put in names and issues on a flipchart/ or wall with cards (The Northwestern Focusing Gathering is doing this for years now this way) I can volunteer to facilitate this (Don’t have to! - only offering - if someone else wants to do this)

I remember our morning start at the conference:

a lot of us were in the same interest group and it was a kind of “group Focusing” or Focusing oriented sharing to an topic (The empty space?): I remember it very fruitful and we were nurturing each other and let the felt sense emerge and be crossed with the felt sense of others.

I can imagine something like that instead of partnerships. Perhaps we can take the topic of our gathering? Perhaps two or three groups? Perhaps different inspiring topics? I feel our time together so valuable, that I would prefer a format being with more than one of you for deep experiencing . And those who want to do partnerships can do it in the same time.

Ruth

I really liked doing this years ago at (I think it was) the Chicago International.

Ideas that came up at the International Focusing Conference in France, June 2022

At our EFA gathering, how can we co-create within our 2022 topic:

The Art of Relating “Relationships & Inter-affecting”?

It would be nice, next to having a variety of mini workshops, to start our gathering with all present and c end the gathering with all present to summarize and bring together the various perspectives and possibilities that have been shared in workshops. How to have a sense of co-creation, how to cross what has been offered at the gathering, rather than leaving the various approaches and experiences next to each other?

The following ideas came up in 2021:

Where do we go from here with EFA? (new steam is wanted)

Also: Can responsibilities be shared in a fluid way so that those who took on responsibilities, do not feel pressured and heavy-shouldered over time?

Kong

I would like to hear/discuss how Gendlin's work crosses with religious texts in relation to how we are being in this world.

Yehudit

When I saw the topic of the gathering, I immediately sensed its deep connection to SOF, a method of bringing Focusing into our daily relationships and of being fully present in our interactions.

I would like to offer a workshop called: **When my will meets your will.**

In the workshop, we will work with tools from Social Oriented

Focusing (SOF) to explore the art of relating in everyday situations, where each of us has our own desires, experiencing all the inter-affecting going on between us; all that awakens, develops and changes within us and between us in the here and now.

Share Travel information:

- Ria: I will arrive by train on Tuesday 11th and leave on Monday.
- Lucy Hyde 1: I'll be flying from UK (arriving VCE Thu morning) and then going on to the Colli Euganei (Sunday) for a week after the meeting. Partner (Jon Gerrard) travelling with me and will also be staying at the Villa and doing his own thing. We will be leaving Sunday morning.
- Hejo Feuerstein & Dietmar Steinbach
We will come by car, arriving Wednesday evening around 19h or 20h

- Sari Pekki
Arrival at Venica Airport Wednesday 12 October at 10:25am (via Munich)
Departure from Venice Airport Monday 17 October at 1.30pm (via Munich)
- Ruth Hirsch: Arrival at Venice Airport Tuesday 11 October 9:05 pm (from Tel Aviv) Planning to do bit of exploring in Venice on Wed am and then take train to Bassano Wed afternoon. Leave Bassano Sunday noon/afternoon for Milano to fly out on Monday 17 October 9:05 pm
- Virpi Lehtinen: Arrival at Venice Airport at Wed 12 October at 10.25 am. Departure from Venice Airport Sun 16 October at 12 am to Dublin.
- Teresa Dawson: I will arrive by train on Wednesday 5.11 pm, departure on Sunday noon. I'd love to meet colleagues before the meeting and explore some of the environment together.
- Share Time before/after Oct 13-16 (Will you arrive early and want to hike or such...?)
- I will come a day early and leave Monday 17th amona@move-with-life.org
- Dietmar: I will arrive already Wednesday late morning
- Heidrun: I will arrive on Wednesday at Venice main airport at 10.00 - happy to travel with someone to the venue in Bassano and will leave on Tuesday 18th evening 19.20 from the airport
- Ruth: Planning on arriving in Bassano on Wednesday afternoon- would love to explore the town/surroundings on Wednesday afternoon/Thursday before we begin.
- Ria: will arrive on Tuesday 11th.
- Fiona: I am arriving at Venice airport at 13.45 on 11 October, and leaving on Monday 17 October flight at 15.45.

Share Covid-19 information

Entry regulations Italy, vaccinated/non-vaccinated

26.No restrictions when traveling to Italy for anyone (as of July 2022)

27.How can we remain Covid-Conscious? Caring, any agreements?

More Topics Here

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 my self 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.’