

Bio Board

I discovered Focusing around the year 2000, when I was already a seasoned psychotherapist with psychoanalytic training. I attended an introductory FOT training session conducted by Mary Hendricks, experienced her exquisite listening, and found myself in tears in five minutes. I was mystified, enthralled and instantly knew I would be signing up to study with her. I became part of her second training group in NYC.

Focusing is a keystone in my work as a therapist, as well as my life. My major interest and contribution has been expanding and articulating the ways Focusing can be integrated into therapy work. For the past ten years I was part of the leadership group for FORP (Focusing Oriented Relational Psychotherapy), led by Lynn Preston. I supervised, taught and ran workshops in that program both in New York and South Africa. A major passion of mine has always been how the therapist can use Focusing as a practice of self care, experiencing how we are in relationship to our clients and for getting a felt sense for what is happening with a client. I facilitated a monthly drop in peer supervision group and developed a model that became the basis of a study group that I facilitated with Joan Lavender at the last FOT conference.

I have also been intimately involved with each of the three FOT conferences, either serving on program and hospitality committees, and, for one year, co convening the entire conference with Joan Klagsbrun.

The other keystone in my life and work is zen practice. I currently sit with a sangha in Westchester called Twining Vines. I love to explore the interface between spirituality and Focusing and Psychotherapy. With Ruth Rosenblum I have run workshops on that subject at various FOT events. I have also published a chapter called "Coming Home to Wholeness," in Into The Mountain Stream: Psychotherapy and Buddhist Experience, Jason Aronson, 2007.

As well I am a haiku poet.

I also feel it is important to include the fact that I am the mother of a beautiful 28 year old daughter, and that work has been the most significant life changing process of all.

Susan Rudnick