

A Taste of Interactive Focusing -webinar-



***Presented as a part of the Focusing Highlight Series
on April 8th, 2019,
At 8:00 EST
by***

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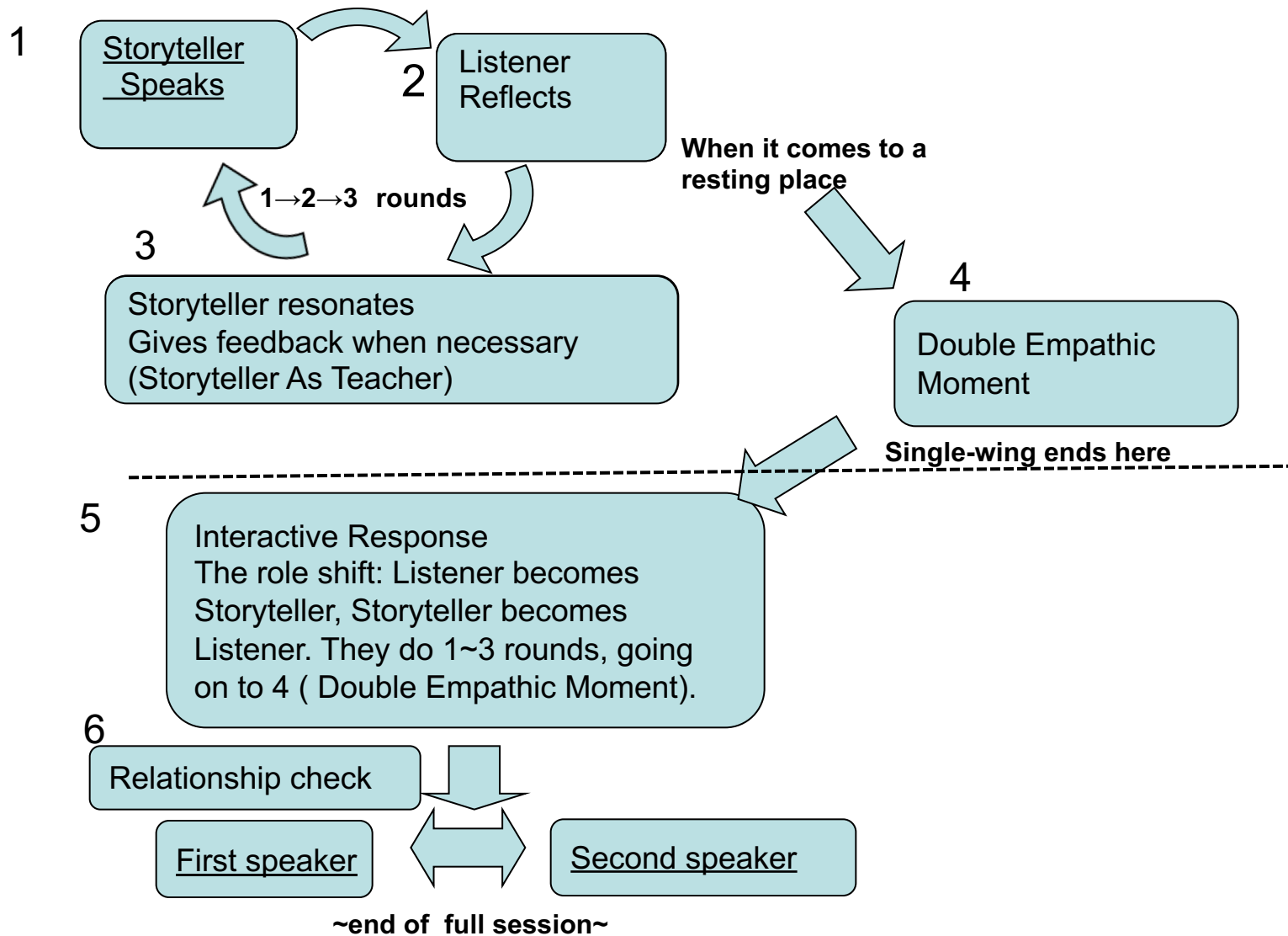
Safety Rules

- **Safety of the environment: Confidentiality**
What is said in this room shall not go outside.
Refrain from speaking about what you heard even to the storyteller.
- **Safety of each individual:**
You are responsible for your own safety
 - Share with others only what you feel comfortable and safe.
 - You don't have to participate if your bodysense tells you not to.
- **No shaming, blaming, criticizing or humiliating**
- **Gentle and caring attitude with humility to yourself and others**

Focusing and Interactive Focusing

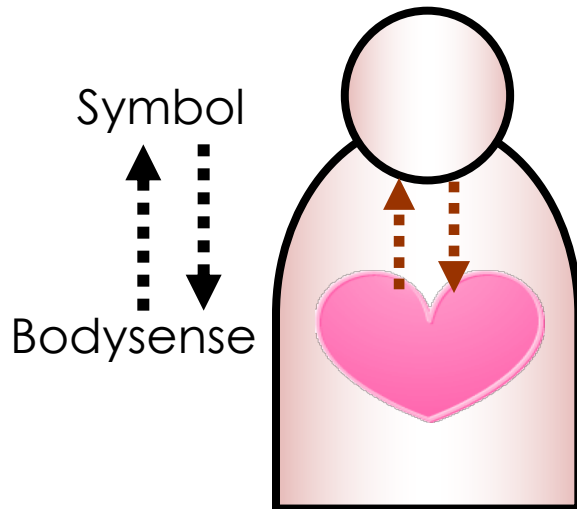
- The Same
 - safe environment**
 - empathic (reflective) listening**
 - listener's presence and attitudes by**
C.Rogers
 - unconditional positive regard
 - congruence, or genuineness
 - empathic understanding
- **Major difference**
 - interaction**

Interactive Focusing Format



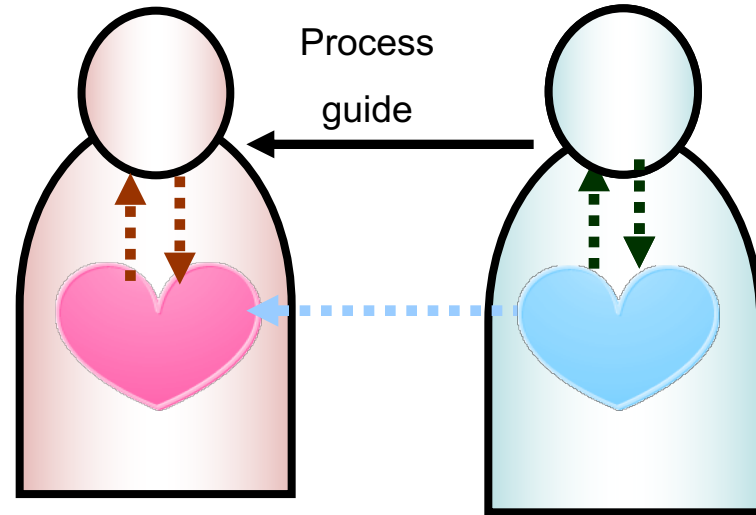
Traditional Focusing

Self-Focusing



Focuser

Partnership Focusing with Listener as a Guide



Focuser

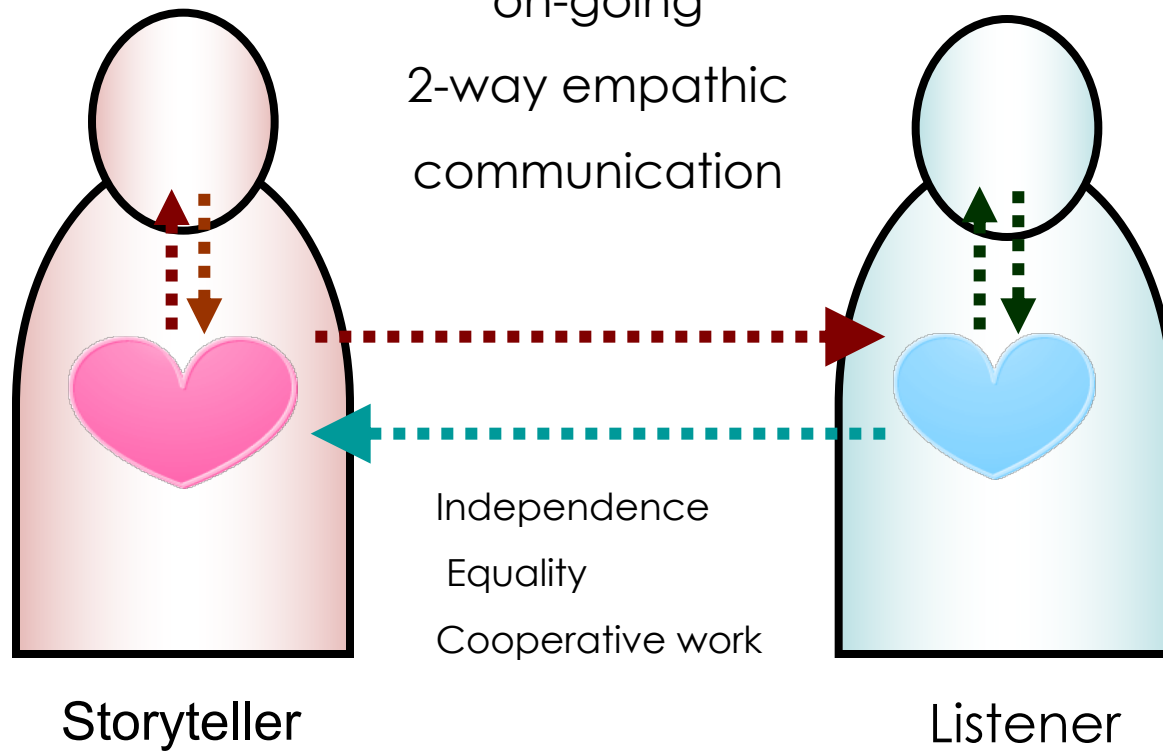
Listener


Transaction

Interactive Focusing

Interaction

= 3 sets of
on-going
2-way empathic
communication

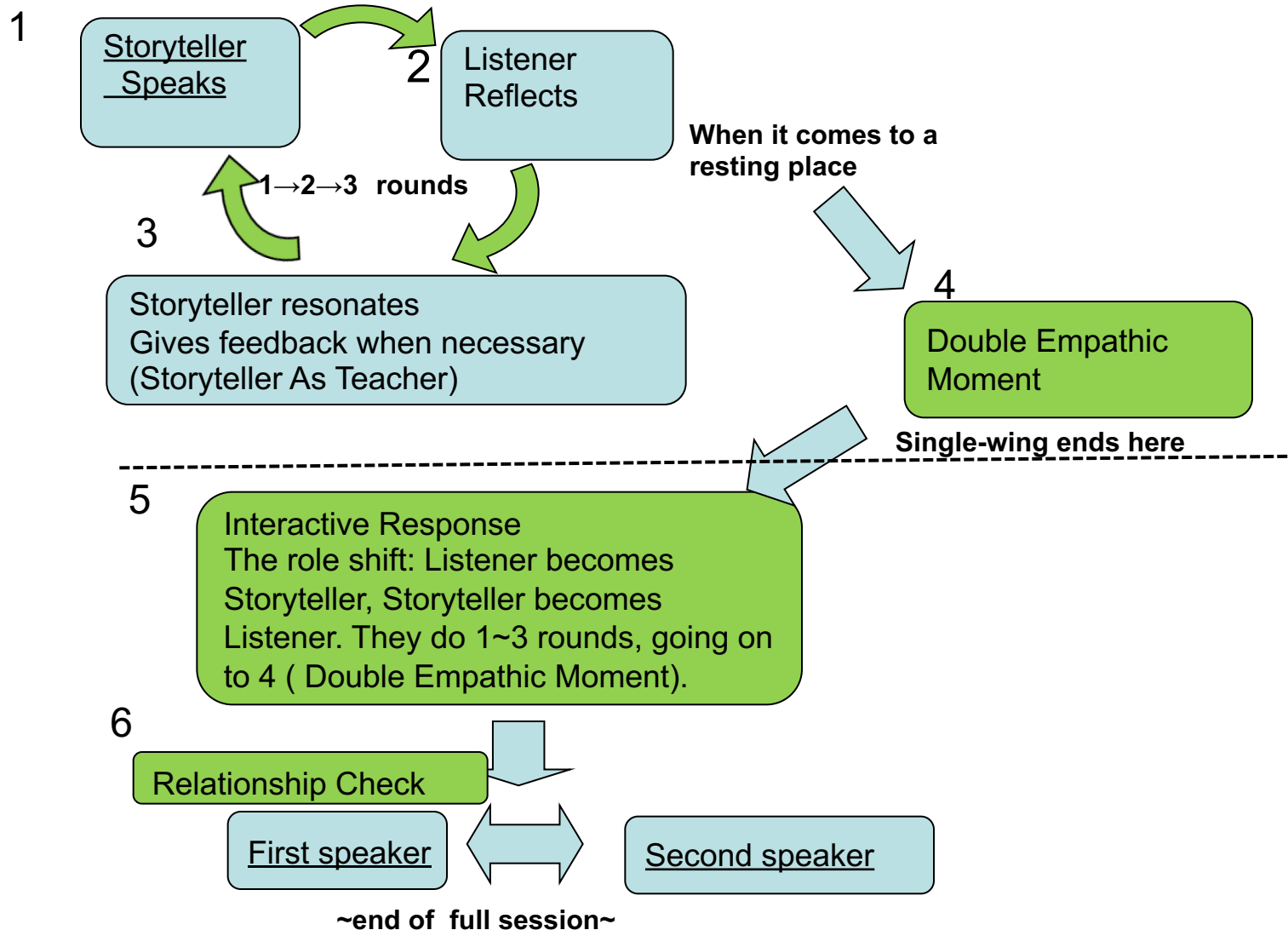


 = Bodysense

Major Characteristics of Interactive Focusing

- ① **There is a format – you may feel rigid but it serves to maintain safety.**
- ② **Three unique steps are added for deeper interaction.**
 - + Double Empathic Moment
 - + Interactive Response
 - + Relationship Check
- ③ **Interactions in each cycle of storytelling and listening**
- ④ **Storyteller As Teacher**
Storyteller asks the listener how he wants to be listened to.

Interactive Focusing Format



What you get from Interactive Focusing

Self-Understanding

Empathic Understanding of the partner

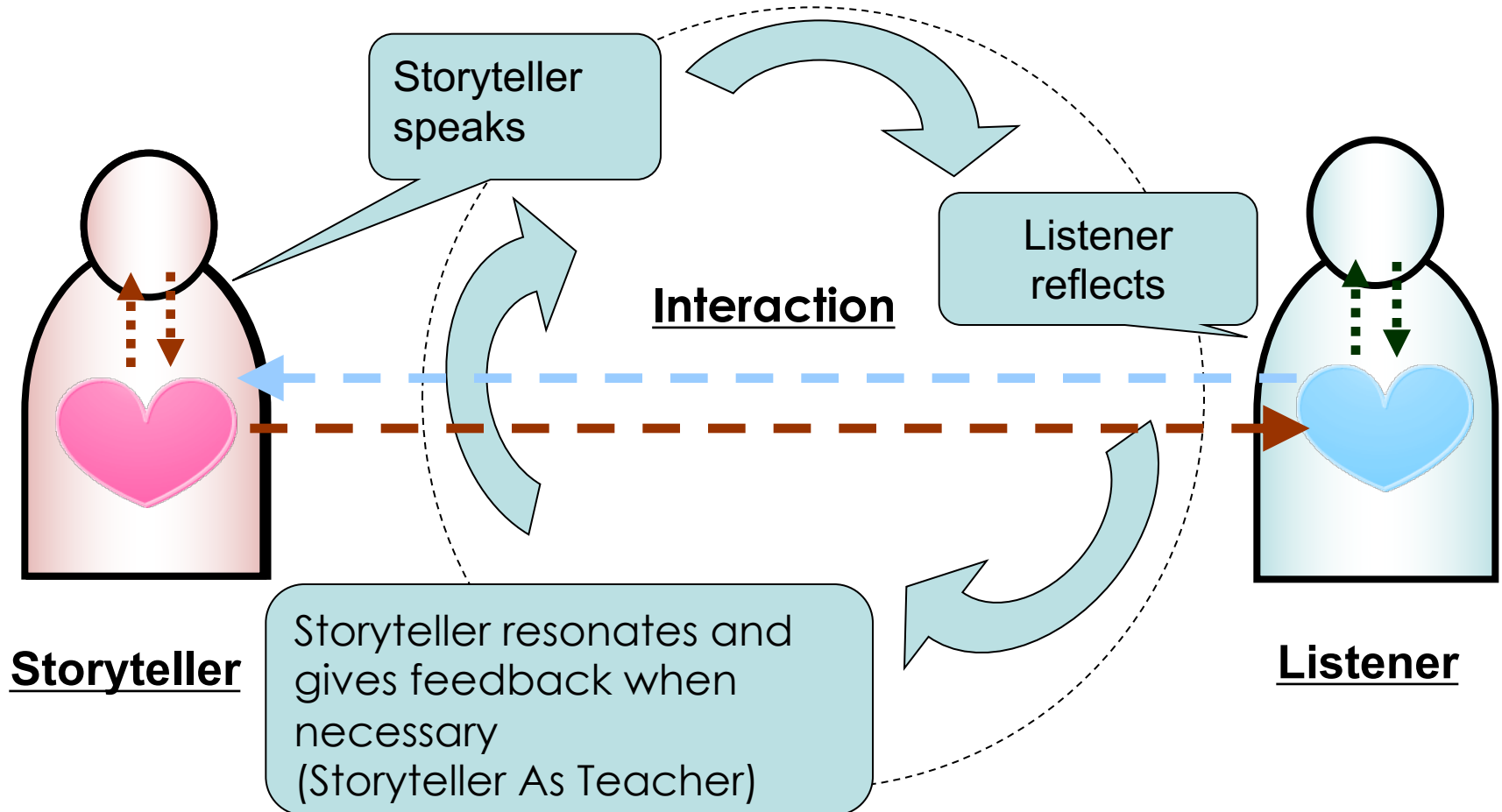
Deep Connection with the partner
-Healing Relationship-

+

Advanced-Level Empathic Listening Skills

Basic rounds of Interaction

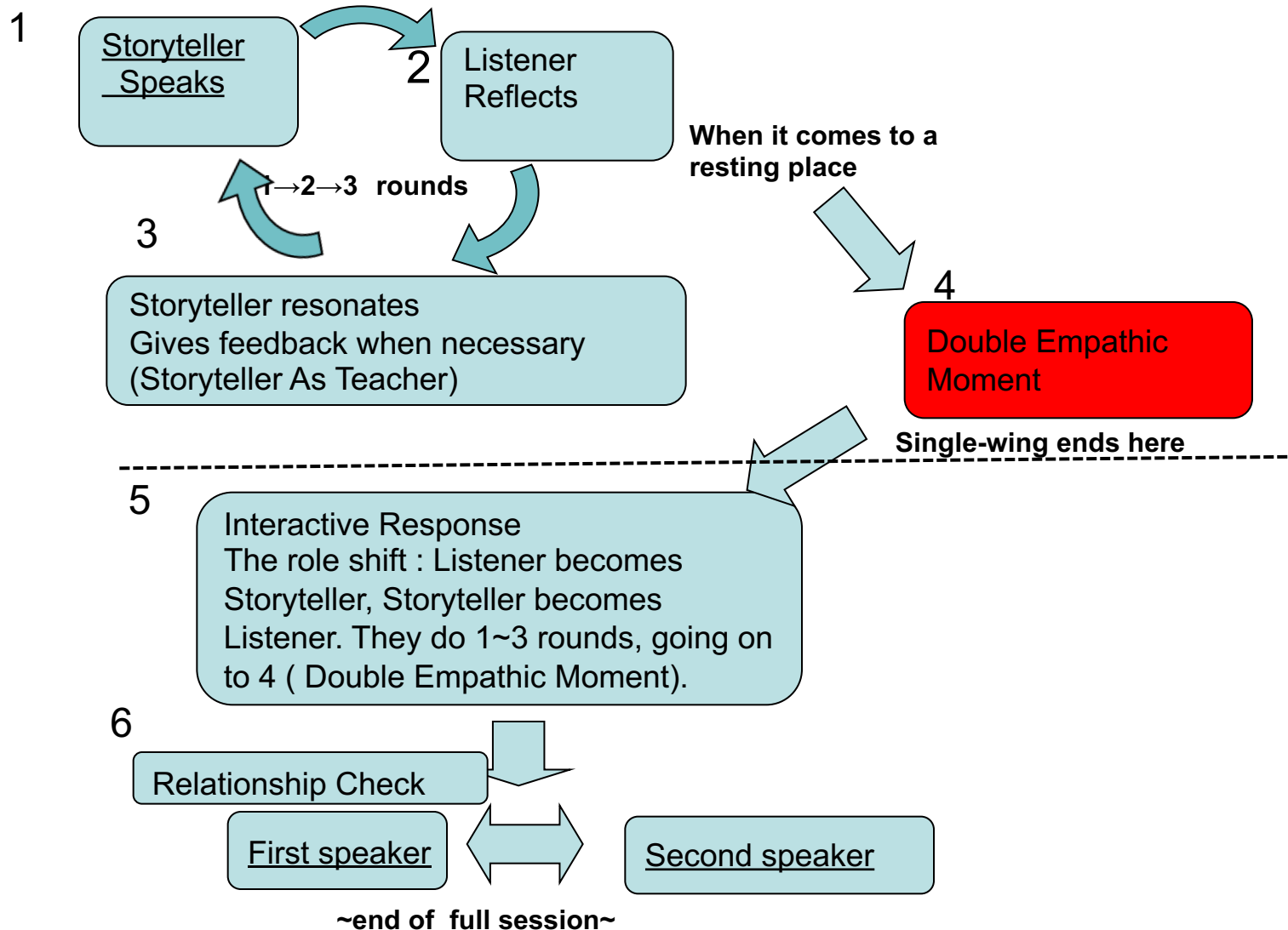
Interaction = on-going 2-way communication



The Four Building Blocks

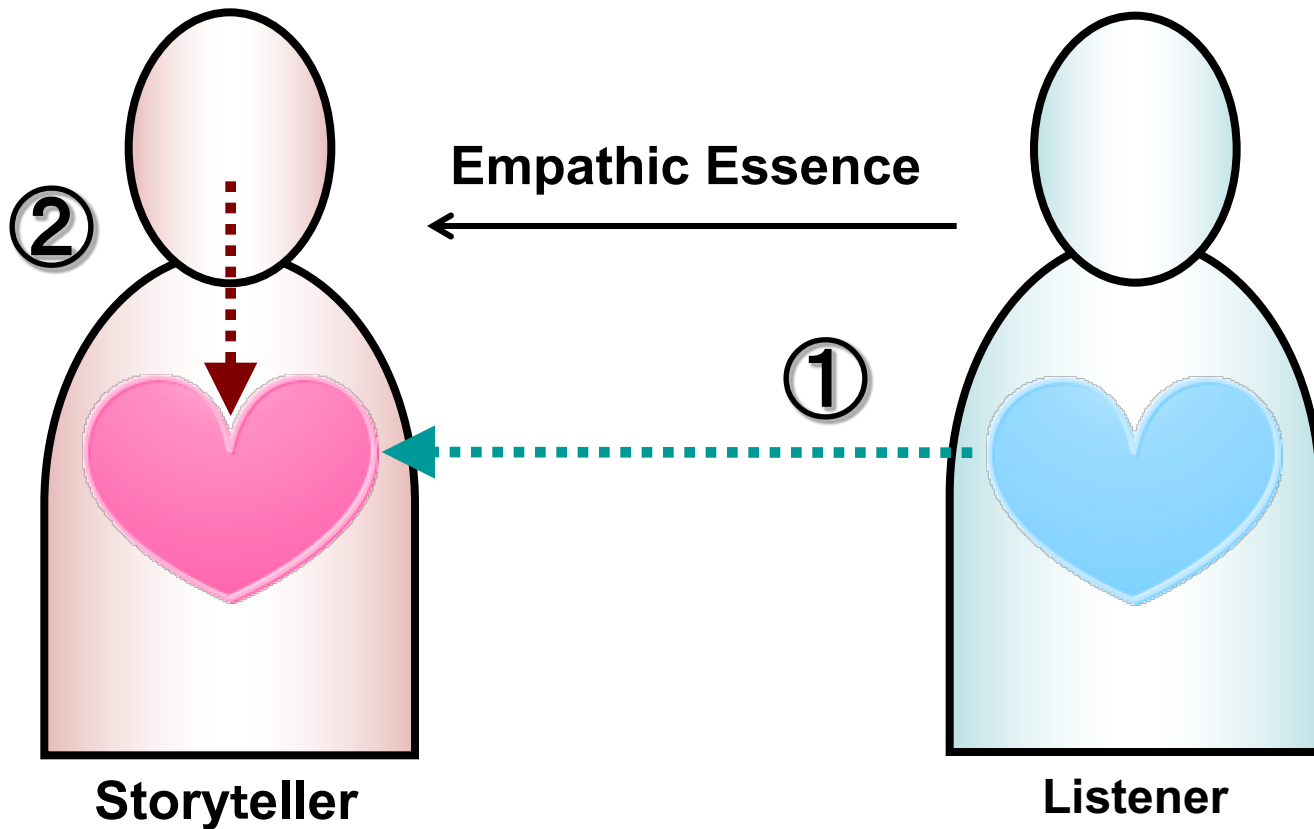
- **A Safe Environment** with a caring attitude and confidentiality without criticism or judgment
- **The Bodysense**
- **Compassionate Empathic Listening** from the Bodysense (Healing/Experiential Listening)
- **Storyteller as Teacher**

Interactive Focusing Format



Double Empathic Moment

double=two directions of empathy at the same time



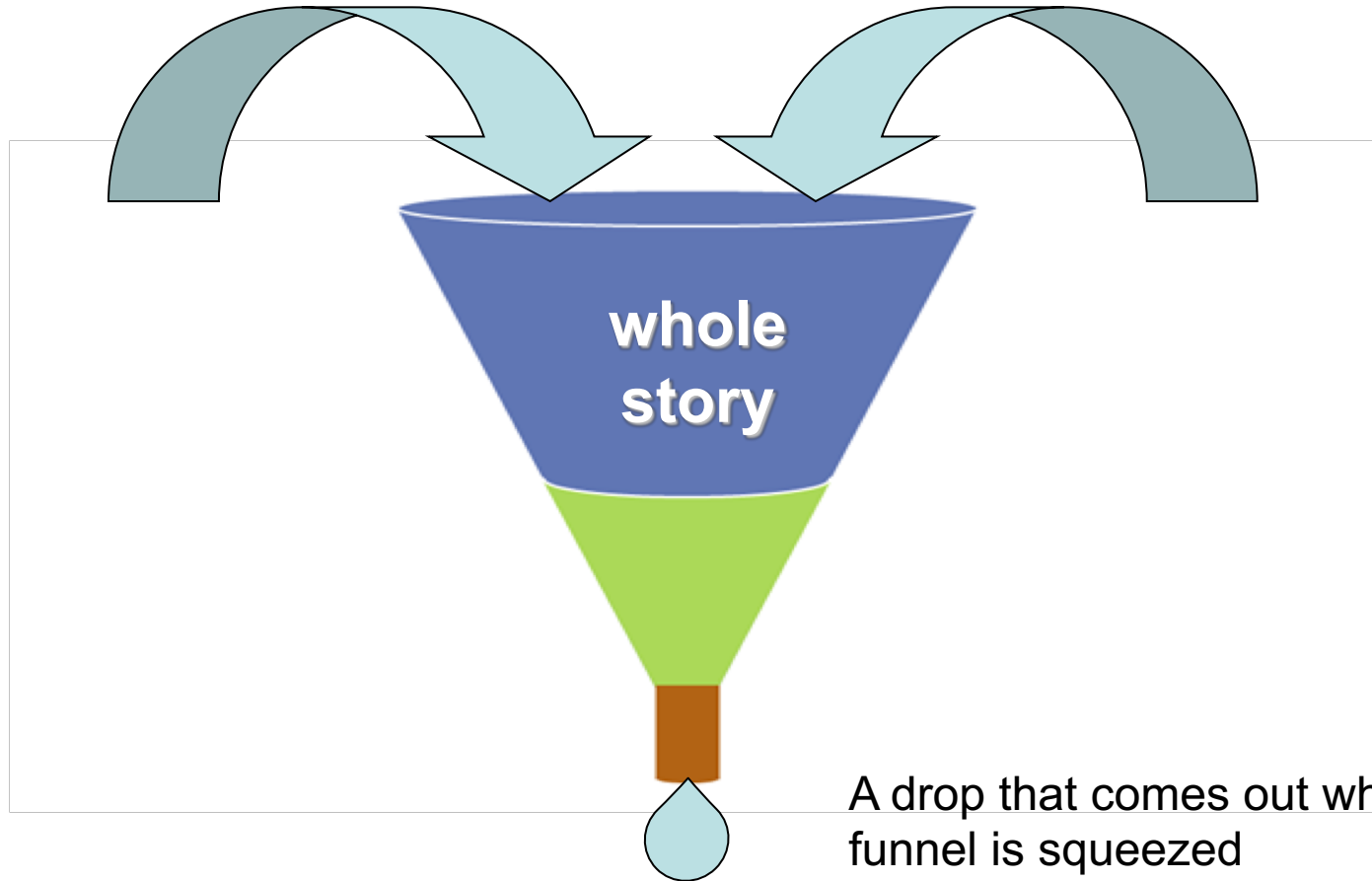
Double Empathic Moment

When the storyteller comes to a resting place,

- 1) the listener takes time to put herself in the position of the storyteller and
- 2) tries to capture with the listener's bodysense how it is for the storyteller.
- 3) Then waits for some symbolic words (metaphor, or brief poetic phrase) which express the core elements of the whole story to become clearer
= (**empathic essence**)
and tells it to the storyteller.

Contents of story

Contents of story



A drop that comes out when the funnel is squeezed

**Empathic
Essence**

Empathic Essence

- capture the core elements
= essence of the whole story
- not a summary
- not explanation, nor interpretation
- not an outline of a series of parts
- refrain from using symbolic expression
(metaphor) used by the storyteller
- be brief.

How to begin the “Double Empathic Moment”

Listener to oneself:

- I will try to capture how it is inside you now with my own bodysense.
- I will put myself in your position, and
- try to express the essence of your whole story in some symbolic way.

To the storyteller:

- If it is all right with you, please be gentle and empathic with what is in you.

Let us take about a minute of quiet time.

Interactive Focusing Handbook

(in Japanese language)

published in Japan, 2016

ハンドブック インタラクティブ・フォーカシング

からだに根ざした深いコミュニケーションを学ぶ～傾聴・共感・癒し～



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近田 輝行

インタラクティブ・フォーカシング・マスターティーチャー

前田 満寿美
伊藤 三枝子



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人と深くつながる

固入りでわかりやすい
実践のための手引き

癒されながら
傾聴力・共感力を
身につける

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Interactive Focusing Logo



When two people listen to each other empathically and exchange warm eye-contact, there will be new feelings of deep connection. Janet Klein described it, "just like shaking hands firmly with four fingers in hooked shape" (symbolized by two ribbons).

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My offering:

- private sessions: Focusing and Interactive Focusing in Japanese/English online and in real life
- Workshops: Interactive Focusing level 1 & 2 in Japanese /English on demand
- Facebook: <https://www.facebook.com/Interactive-Focusing-Forest-1049023608512563/>
- Publication: “Interactive Focusing Therapy” (Translation of Janet Klein’s book into Japanese)
“Interactive Focusing Handbook ”(in Japanese)

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- Swyngedouw, T. (2019) Interactive focusing als voorbeeld van RELIFO (Relating, Listening and Focusing instructions). *Tijdschrift Persoonsgerichte Experiëntiële Psychotherapie*, 57, 1, 11-22. [Publication](#)