

2016 CURRICULUM VITAE.

Roberto Larios

My experience related to the Experiential Psychotherapy and Focusing.

It all started by being a Medical Doctor with an specialization on General Surgery. The field of my preference was gastrointestinal surgery. Somewhere along this way I decided to stop doing this. Years later the necessity of contributing to other people wellbeing took me to do a Master Degree in Psychotherapy, this is part of my way into the Focusing World. I refer myself as a "Mountain Climber" that's my passion; mountain climbing, rock climbing and trekking in remote wilderness, it's a lonely process that takes hours alone paying attention to the body its meanings and its wisdom.

MEDICAL EDUCATION:

1976 - 1981 *Carrera de Médico Cirujano y Partero* at the Universidad Autónoma de Guadalajara. (U.A.G.)

1982 - 1986 *Especialidad en Cirugía General* at the "Hospital Español", degree dependent from the Universidad Nacional Autónoma de México (U.N.A.M)

1986 Certified as a General Surgeon by the *Consejo Nacional de Cirugía General*

1986 - 1990 Sub-specialization Process in Colon and Rectum Surgery. At the Unidad de Gastroenterología y Proctología.

1990 Member of the *Sociedad Mexicana de Cirugía de Colon y Recto.*

REGARDING PSYCHOTHERAPY AND FOCUSING.

2005 - 2009 *Master Degree in Psychotherapy* in the Instituto Tecnológico de Estudios Superiores de Occidente (I.T.E.S.O)

2006. Conference "*El Lugar del Cuerpo en la Psicoterapia Humanista: Las Aportaciones de Eugene T. Gendlin*" by Salvador Moreno López. ("The Place of the Body in Humanistic Psychotherapy: The Contributions of Eugene T. Gendlin")

2007. Workshop attendance: "*Descúbrete a través de tu cuerpo. Focusing I*" By Salvador Moreno López. ("Discover Yourself Through Your Body. Focusing I")

2007. Conference: "*Conversaciones Que Animam Al Corazón*" by Salvador Moreno López. ("Conversations that Animate the Heart").

2009. *Honorary Mention of Academic Excellence* in the process of obtaining the Master Degree in Psychotherapy by the Instituto Tecnológico de Estudios Superiores de Occidente. (I.T.E.S.O)

2011: Workshop attendance: "*Cómo Escucharme y Descubrir mi Sabiduría Corporal*" by Salvador Moreno López. (Workshop: "How to listen to myself and discover my body Wisdom)

2011. Attendance to the "*3er. Encuentro Iberoamericano del Focusing*" ("Third Iberoamerican Meeting". Sept 27, to Oct 1)

2011. Offered Workshop: "*Comunicación No Violenta y Enfoque Corporal*" in the Third Iberoamerican Meeting. Sept 27 to Oct 1. ("Focusing and Non Violent Communication")

2012. Work published in the International Association for Focusing Oriented Therapists. IAFOTs. "*La Escucha Experiencial en el Proceso Psicoterapéutico. Reflexiones y Aprendizajes Desde un Caso Clínico (2009)*". Roberto Javier Larios Aguilar. (MAESTRIA EN PSICOTERAPIA / MASTERS DISSERTATION) Instituto Tecnológico y de Estudios Superiores de Occidente, Guadalajara, México. Available at: <http://www.focusingtherapy.org/resources/articles.html>

2012. Attended Workshop: "Recovery Focusing" by Suzanne Noel. (Jan - March)

TRADUCCIONES:

2012. RECOVERY FOCUSING. A manual for Group Work
Shifting from being stuck in an addictive process to processing your stuckness.
By Suzanne L. Noël, CFT

2013 MAKING SENSE OF LIVING: Safe Companionship Within and Without

A Course in Felt Relating By Suzanne L. Noël, CFT, CNT

2013 Domain Focusing Self-Guiding Form

2014 QUANTUM CONSCIOUSNESS: *An Explanatory Model for Life Forward Movement in Wholebody Focusing*

PART 1 Karen Whalen, Ph.D. and Glenn Fleisch, Ph.D.

2014 FOUNDATIONS OF WHOLEBODY FOCUSING MANUAL

Exploring the Transformational Power of the Conscious Living Body

Prepared By Karen Whalen, Ph.D. Jacinda Doogue, and Kevin McEvenue

2015 QUANTUM CONSCIOUSNESS: *An Explanatory Model for Life Forward Movement in Wholebody Focusing*

PART 2 Glenn Fleisch, Ph.D. and Karen Whalen, Ph.D.

2015 A Wholebody Focusing Oriented Approach to Therapeutic Presence:

Envisioning New Possibilities for the Therapist/Client Relationship

Karen Whalen and Kevin McEvenue

2016 Working With Incongruence in a Wholebody Focusing Oriented Approach to Psychotherapy: *Towards a Mutuality of Shared Presence*

By Karen Whalen, Ph.D

FOCUSING TRAINING:

2013. Started the Trainer in Training certifying process with Suzanne Noel.

2013 Attended and received certificate at the Weeklong Advanced and Certification Course by the Focusing Institute.

2013 Workshop Construyendo mi Autoestima 16 weeks from august to dec, 2013)

2014 Attended to the Pacific Winter Retreat (Feb 15 - 22) and translator for Karen Whalen Wholebody Focusing Teachings

2014 Part of the facilitators team at the Pacific Winter Retreat

2014 Presented workshop "Focusing and Non Violent Communication" at the Pacific Winter Retreat

March 17, 2014. Started as Coordinator in Training in WholeBody Focusing, Mentorship with Karen Whalen..

2015 Conferencia "Consciencia Corporal Integral" (Wholebody Focusing) at the Instituto Tecnológico de Estudios Superiores de Occidente (I.T.E.S.O.)

2015 Attended to the 26th International Focusing Conference in Seattle.

2015 Offered the Workshop: "Wholebody Heartfelt Conversation and Non-Violent Communication" at the 26th International Focusing Conference.

2015 Offered with Karen Whalen the Workshop "Wholebody Heartfelt Conversation" "Relational Wholebody Focusing" at the 26th International Focusing Conference.

SOME LOCAL WORKSHOPS OFFERED:

2010 Communication Skills for personal Growth and in Couples. At the *Centro Ignaciano de Espiritualidad. Casa Loyola.*

2011 *Self-Stem experiential Workshop* At the *Centro Ignaciano de Espiritualidad. Casa Loyola.*

2012 Focusing and Non-Violent Communication At the *Centro Ignaciano de Espiritualidad. Casa Loyola.*

2013 Offered Workshop *Construyendo mi Autoestima* 16 weeks from august to dec, 2013) at the *Centro Ignaciano de Espiritualidad. Casa Loyola.*

Mayo 13, 2014: Offered Workshop "Focusing y Comunicación No Violenta" at the *Fundación "Entre Humanos A.C."*

2014: Offered Conference "Fotografía y Psicoterapia" at the Television and Internet program of "La Caja Mágica".

2014 June Offered Workshop "Empatía" at the *Fundación "Entre Humanos A.C."*

2014 Septiembre 8, 9 y 10, 2014: Offered Workshop "Focusing y Comunicación No Violenta" at *Grupo Bienestar.*

2014 Octubre 28, 29 y 30, 2014. Offered workshop "Principios de Comunicación No Violenta" at the *Centro Ignaciano de Espiritualidad. Casa Loyola.*

2015 Experiential Workshop in Self Esteem to "Grupo Bienestar".

2015 Experiential Listening to the trainees in Bach's Floral Therapy at the Instituto Tecnológico de Estudios Superiores de Occidente (I.T.E.S.O.)

2016 Offered workshop " Focusing and Non-Violent Communication" To the group "Raices, Bienestar Integral"

2016 Upcoming webinar with Karen Whalen *Relational Wholebody Focusing #1*, in June 11 and 18, and June 14 and 21.

2016 Upcoming 12 week workshop: "*The Experiential Process of the 12 Steps Program*" at The *Centro Ignaciano de Espiritualidad. Casa Loyola.*