

## ANNUAL REPORT 2020

All of our work in and activities in 2020 were greatly affected by the Covid-19 pandemic. At the height of the first wave, we created a series of opportunities for people to support one another via Zoom. We moved the Advanced and Certified Weeklong online, (read more [here](#)) and did the same with the Focusing-Oriented Therapy conference (read more [here](#).) Thanks to a loan from the United States government through its Paycheck Protection Program, and generous donations from some "angel" donors, as well as many donations of all sizes, we actually ended the year financially strong. Overall, it was an exhausting year, but also invigorating and successful in terms of engagement, attendance, a renewed sense of the importance of the Focusing community.

### Membership

As of the writing of this report, we have 1,691 members. Of these, 196 are Coordinators, 52 are Coordinators in Training, 750 are Focusing Professionals (Trainers), 343 are trainees, and 352 are affiliate members and 8 honorary members.

Members come from 58 countries around the world: Argentina, Australia, Austria, Belgium, Bolivia, Brazil, Cameroon, Canada, Chile, China mainland, China Hong Kong, China Taiwan, Colombia, Costa Rica, Cyprus, Denmark, Ecuador, El Salvador, Finland, France, Germany, Greece, Guatemala, Hungary, Iceland, India, Indonesia, Ireland, Israel, Italy, Japan, Korea, Kuwait, Luxembourg, Malta, Mexico, Morocco, The Netherlands, New Zealand, Norway, Palestine, Pakistan, Peru, Philippines, Poland, Portugal, Romania, Russia, Slovenia, S. Africa, Spain, Sweden, Switzerland, Thailand, Turkey, the UK, the USA.,and Uruguay.

### Coordinators

There are 196 Coordinators representing 36 countries: Argentina (8), Australia (3), Austria (2), Belgium (6), Bolivia (1), Brazil (2), Canada (20), Chile (3), mainland China (3), China Hong Kong (5), China Taiwan (1), Costa Rica (1), Denmark (1), Ecuador (1), Finland (1), France (2), Germany (12), Greece (6), Guatemala (1), Hungary (2), Ireland (2), Israel (16), Italy (15), Japan (18), Luxembourg (1), Mexico (3), Netherlands (6), New Zealand (1), Norway (1), Poland (1), Portugal (1), Russia (1), Spain (3), Switzerland (5), the UK (12), and the USA (29).



We welcomed 12 new Coordinators 2020. You can read about them in the [February 2021 In Focus newsletter](#): They are: Patrizia Bonaca of Italy, Maria Dionisio of Italy, Camille Hiu-Ching Li of Hong Kong, Gaby Riveros of Chile, Laura Talamoni of Italy, Tal Varon of Israel, Rachel Lai-Wa Wong of Hong Kong, Jose Ignacio Salazar, Chile, Arpad Kantor of Hungary, Ayelet Levanon of Israel, Marie Sherrie McDonald of Canada, and Jose Ignacio Salazar of Chile.

### Committees and Volunteers

We had an amazing 189 volunteers this year who came from 35 different countries. This close to doubled the 100 or so we'd had in the last couple of years. They taught classes, led Roundtables or Cafecitos, helped with social media content, wrote newsletter articles, translated documents, served on committees, helped with fundraising, and many other tasks large and small that make TIFI a place to connect and learn. Many thanks to all of them. For a list of volunteers and the various roles they played or committees they served on, see the January 2021 newsletter [here](#).



For the last several years, we've held a volunteer party on Zoom to thank them. This year, we sent the volunteers into breakout rooms for short chances to meet each other. They were bounced them from room to room and had such a grand time that the Membership Committee is planning to create such "getting to know you" opportunities for all members.

### Gatherings and Classes – [focusing.org/events](https://focusing.org/events)

In 2020, \$25,000 in scholarship assistance was given to attendees of our conferences.

We declared the 2020 Advanced and Certification Weeklong ([focusing.org/weeklong](https://focusing.org/weeklong)) to be the 50th Weeklong. Though this number is not exact, it is approximately accurate, since there have been 40 years' worth of Weeklongs (including its precursors, before it took its current form), and for a number of years, these events happened twice a year. In the very year we intentionally celebrated its history, we entered a whole new future by moving it online for the first time. A [special video](#) was made by some of the early developers of this flagship event. It had the highest all-time attendance at 73 people from 26 countries.



The [fifth Focusing-Oriented Therapy \(FOT\) Conference](#) was planned for Chile, then when Chile had political problems, it was planned for Peru, and then when Covid-19 hit, it was planned a third time to take place online. Attendance was a record-breaking 280 people.

In June, a new event took place called the **Focus-a-thon: 24 Hours of Focusing Around the World**. This fundraiser had 350 individuals in attendance with 23 different teachers offering a taste of Focusing in 12 different languages. Fully half those in attendance were brand new to Focusing.

There were 15 Focusing Highlight classes, one of which was in Hebrew and another in Chinese. Highlights are "pay what you can" webinars. In addition to this, we ran 10 courses and workshops on a variety of topics from philosophy to Thinking at the Edge (TAE) to an Introduction to Focusing to Focusing and Improv. One of the courses was in Spanish.

An irony of the switch to online conferences is that prior to the pandemic, we had been excited to innovate by

planning the Felt Sense Conference to be online. Because of the enormous amount of work needed to re-adjust so much of our work, the 2020 Felt Sense Conference was canceled.

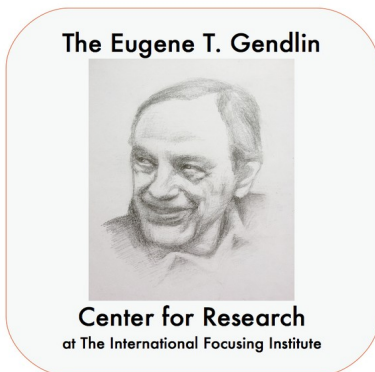
## Membership Committee Programs

At the beginning of the year, as the full horror of the pandemic was being felt, leaders of the Membership Committee sprang to action to offer a series of gatherings called "**Connecting in a Time of Isolation.**" When we asked for volunteers to lead such meetings in their native languages, we were overwhelmed with the response. An [article](#) was written in the October In Focusing newsletter giving details and thanking all the leaders of these meetings, and a [video](#) celebrated the response of the Focusing Institute community

The Membership Committee continued its work on updating information about **Focusing Partnership** on the website ([focusing.org/partnership](http://focusing.org/partnership)), updating the **Partnership Network**, and promoting the **Proficiency in Focusing Partnership** award, which is the minimum requirement for participating in the Network.

**Roundtables** and **Cafecitos** are free online gatherings for TIFI members that are held most months and organized by the Membership Committee. In addition to regular Roundtables, this year there was a special series on "Focusing on Politics" which had a particular focus on anti-racism. There is a series specifically for therapists which met regularly. Roundtables are consistently over-subscribed, so we know that this is a valued benefit for our members.

## The Gendlin Research Center



The second Gendlin Grant for Original Research in Psychology was awarded to Mohamed Altawil for his work with the Palestine Trauma Centre, which is based in the UK and working to reduce PTSD in the population of Gaza. Read more and watch a video about him and his work at [www.gendlincenter.org](http://www.gendlincenter.org)

The second half of 2020 was spent planning "Saying What We Mean: a Symposium on the Works of Eugene Gendlin" which was originally to have taken place in Fall 2020 at Seattle University. Like everything else, it was moved to an online format. This event is a collaboration between the Psychology and Philosophy departments and TIFI's Gendlin Research Center.

The Gendlin Center committee is also planning an exciting "crowd sourced" research project using a new instrument to measure the effect of Focusing. This project is in its early stages. More information will come as it develops.

## Gene Gendlin's legacy

Dana Ganihar, Baruch Brenner and Dan Schachter are editing transcripts of dialogues Gene had with Dave Young in the last years of his life. They led a very well-attended class which used these dialogues as opportunities to learn and practice thinking from the implicit.

The TIFI office fielded various requests for the use of, or translation of, Gene's works. We also organized and moved a storage-unit full of papers from Gene and Mary's house into the Executive Director's office. After consolidating, there are now 50 boxes organized and labeled. Much of this might not be of scholarly interest, so more organizing and cataloging is needed.

## Projects and outreach

The *Pause for Peace* initiative gave about half of the funding for the Gendlin Grant for Original Research in Psychology, referred to above. Also part of the Pause for Peace program is supporting the work of Focusing El Salvador, mostly by acting as a fiscal sponsor.

## Fundraising – focusing.org/donate

We had 163 donors from 20 different countries. They are all listed in the January 2021 newsletter [here](#). Despite the pandemic, these generous people brought in just shy of \$100,000. We are so grateful!

## The TIFI Board – focusing.org/board

As 2020 ended, the active members of the Board were: Nelle Moffett (President, USA), Leslie Ellis (Canada – vice president), Peter Afford (UK), Evelyn Fendler-Lee (USA/Germany) and Paula Nowick (USA). Hanspeter Mühlethaler (Switzerland) served as Treasurer and left at the end of his term in summer 2020, though he generously agreed to continue with the basic functions of Treasurer until the Board finds a new one. Paula Nowick chose to step down from her role as Board President after the February meeting. Nelle Moffett was acting president for a couple of months, then Leslie Ellis. At the August meeting, Nelle was elected president and Leslie elected as Vice President. At that time, the Board also elected for Evelyn Fendler-Lee to move from the ILC to the Board, and Nancy Falls to move from the Board to the ILC. This is the first time that a member of the ILC has moved to the board or vice versa.

## The International Leadership Council (ILC) - focusing.org/ilc

As 2020 ended, the members of the ILC were: Claude Missiaen (Belgium), Sergio Lara (Chile), Roberto Larios (Mexico), Laura Bavalics (Hungary), Nancy Falls (Canada), and Yongwei Xu (mainland China). After 6 years of faithful service, Ruth Hirsch ended her second term on the ILC. As mentioned above, Evelyn Fendler-Lee moved from the ILC to the Board, and Nancy Falls moved from the Board to the ILC.

## Finances

Income from membership was down substantially in 2020. This was probably due in part to uncertainty due to Covid-19, but we believe it was mostly due to our internal processes: We had ended our old labor-intensive method of billing, but the automated method via the website was not fully in place.

Below is a summary of our income and expenses from January to December 2020, showing a surplus for the year of \$18,041

<u>Income</u>		<u>Expenses</u>	
Membership & Certification	175,737	Membership/Certif. Svcs	193,480
Classes, Conf's, Products	169,619	Classes, Conf's, Products	165,573
US govt. loan	45,900	Gendlin Ctr & Legacy	61,797
Donations	99,455	Pause for Peace & Projects	27,311
Miscellaneous	814	Fundraising	25,323
Total	\$ 491,525	Total	\$ 473,484