



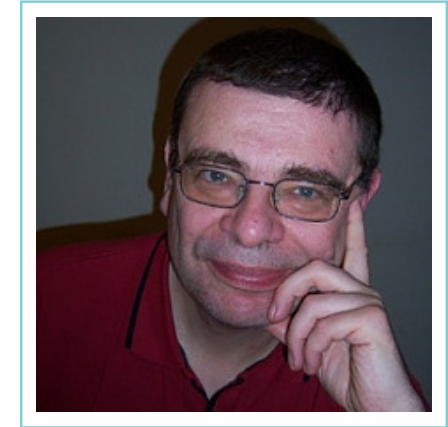
Adventures in FOT: How to Spot Deeper Experiencing Levels and Not Get in the Clients Way – John Threadgold

Resource Guide

About John Threadgold

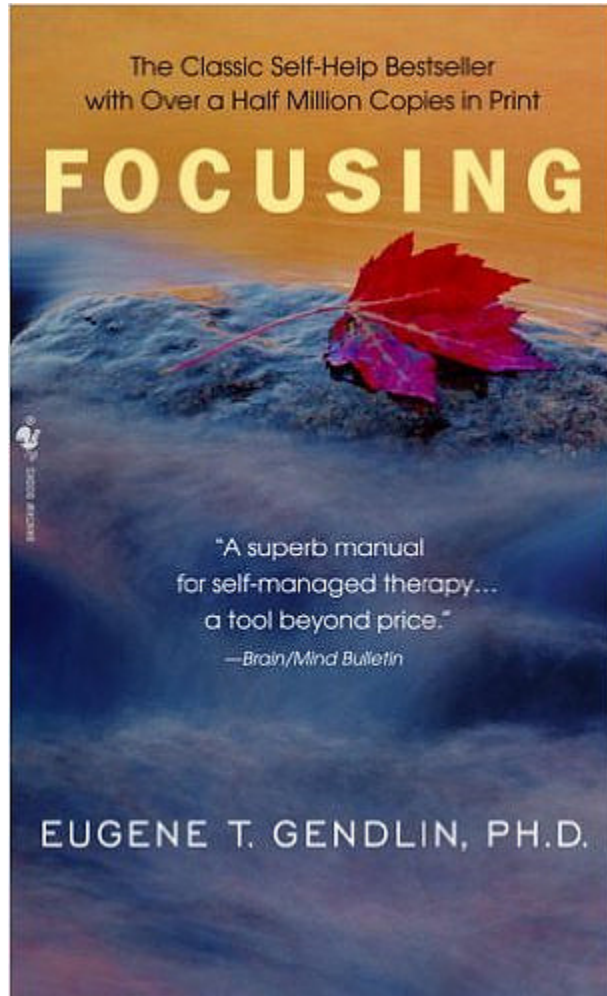
www.newfocustherapy.co.uk

John Threadgold is a BACP accredited Focusing-Oriented Person Centred and integrative Psychotherapist. He is also a qualified supervisor, holding an MA in Focusing and Experiential Psychotherapy and Level 6 Diploma's in Humanistic Counselling and Psychotherapy, and Supervision.



He has been a drugs counsellor at a local Drugs agency, and offers supervision to two local agencies, Equinox and CDSSL. He has a keen interest in exploring how Mindfulness and Focusing can be adapted to help clients who experience addictions issues. He runs a private practise called New Focus Therapy, and offers therapy supervision and focusing training for therapists and the public.

Reading



Focusing by Gendlin, Eugene T.

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Research by Kirtner and Cartwright Gendlin and others

- Clients with deeper Experiencing were more successful in therapy than those with flatter experiencing levels
- Successful clients could be spotted in the first two sessions.
- The correlation was so large that it could not be a coincidence.

How to spot deeper experiencing levels in ourselves and others

- Client Example

I was really angry about that - well - its anger - but these is something else - (hesitant) well - yeah - a sense of being really alone. Well Bill my so called mate and Lora my wife went off together so that fits.

Oh - there is something else as well - a sense of --- maybe happy that that's not right - oh yeh its relief - that the lies were over. Well yes there were loads of lies, Bill stopped going to the football with me said he was working, and Lora encouraged me to keep going as she was at an art class. I caught them out then the footie was cancelled

(weeps). The lies are over. Maybe I can start again.

Spotting the deeper experiencing levels that indicate success in therapy.

I was really angry about that (emoting) -

well - its anger - but these is something else - (hesitant) well - yeah - a sense of being really alone.

(Client deepens exp level. Staying with something conceptually vague, but concretely experienced and finds a word that fits the experience.)

Well Bill my so called mate and Lora my wife went off together so that fits.

(The story or context that gave rise to the feelings)

Oh - there is something else as well - a sense of --- maybe happy that that's not right - oh yeh its relief - that the lies were over. (a deeper exp leve, tries out the word happy but it it not quite right, stays with his experience, and then gets the word that fits.

Well yes there were loads of lies, Bill stopped going to the football with me said he was working, and Lora encouraged me to keep going as she was at an art class. I caught them out then the footie was cancelled (Stoty telling)

(weeps). (emoting) The lies are over. Maybe I can start again. (Hope)

Therapists can flatten or deepen a clients exp levels.

- Sachse (1990) . An initial study analysing 1520 triplets (C-T-C statement units) from 152 clients at mid therapy, found that clients deepened their process 70% of the time when the therapist made a deepening proposal and flattened their process 73% of the time when the therapist made a flattening proposal. As mentioned above, therapists of more successful clients made more deepening proposals than those of less successful clients and the more successful clients accepted the deepening proposals their therapists made more often than less successful clients. These findings are corroborated by two studies (Yakin 1970; Adams 1999) that used the EXP scale to analyze triplets. Elliott et al (1982; 1983) found greater residual gain in EXP following therapist interventions rated as high in helpful experiencing, depth and empathy.

John Threadgold 2-day workshop



Click the image above to watch the video

Workshop

Focusing Oriented Therapy

2 Day CPD Workshop - in Southsea Portsmouth

www.marplecrosscentre.com

**Saturday 7th November, 2015,
10:00am to Sunday 8th November, 2015 / Fee: £130.00**

This workshop is an introduction to the theory and practice of Focusing Oriented Therapy, aimed at counsellors, psychotherapists, trainees and other mental health practitioners who wish to help their clients towards better outcomes in therapy.

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Online Resources

www.focusing.org

www.newfocustherapy.co.uk

www.marplecrosscentre.com

[CLICK HERE](#) for Provisional dates on the BFA web site calendar.

The theory and practice of Focusing-Oriented Psychotherapy Beyond the Talking Cure.
Chapter 17. Dr Rob Parker, The message from research. [CLICK HERE TO READ](#)

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