

# Adventures in Focusing-Oriented Therapy: Transforming our Experiencing through Relationship

- John Threadgold



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## RESOURCE GUIDE

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# About - John Threadgold

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.



John Threadgold

[www.newfocustherapy.co.uk](http://www.newfocustherapy.co.uk)



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# Adventures in Focusing-Oriented therapy

The 4 ways we relate to our experiencing, implications for therapy

With John Threadgold.



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# What is Focusing-Oriented therapy

- 'Focusing
- *it brings to any kind of therapy a distinctive atmosphere in which the activities of the therapist are always oriented towards the living experiencing of the client'. (Campbell Purton)*
- *Focusing invites clients to access their own experiential process that leads to a self propelled healing process '*
- *The mind chatters- but the body knows' (Buddhist saying)*



## Listening out for the four ways we relate to our experiencing

- The situation / s/he made me
- I feel -----
- I am noticing these feelings
- A part of me – or something in me feels
- Externalisation of responsibility  
Can contain truth – and be abusive
- Owning and taking responsibility for feelings- but also merging with them
- I am noticing, have space- in relationship with -----
- I have space between myself and my experiences



## Experiential Exercise – the four attitudes and a positive experience

- Grounding -
  - Bring to mind a really positive memory, or picture or anything that helps you feel cosy and warm.
- 1) Externalise the responsibility for your happy feelings. Eg if it's a holiday say ' the holiday made me feel happy'
  - 2) Now own your feelings ' I feel happy/ cosy
  - 3 Now change this ' I am noticing these ---- feeings
  - 4) A part of me feels -----
  - 5) Thanking your body - and slowly return awareness to the room



## The four attitudes- implications for therapy

- 1) As therapists we can acknowledge the truth of the first two attitudes- affirming that the person has been heard
- 2) Inviting the client to step back and notice the feelings- can help to defuse them – make them less overwhelming ( eg anxiety- depression addictive cravings etc)
- 3) When it's a part of me that feels this, (not all of me), the part that does not experience this, can keep the part that does company, may even treat this part with compassion.
- 4) Often the issue feels different and shifts, and there can be a release of tension in the body



# Training

## Introduction to Focusing-Oriented Therapy

**6 February 2016 (Tuesday) 09:30 to 16:30 - 6 CPD Hours**

Alford Hall,  
Manchester Road,  
Warrington,

**Price**  
**£40 per delegate.**

### **About the workshop**

Focusing-Oriented therapy has its origins in research done by two members of Carl Rogers's research team, Kirtner and Cartwright. They asked a question that most therapists do not like to ask. Why do some clients succeed in therapy, with others do not?. This discovered that successful clients could be spotted early on in the therapy and already had the capacity to have deeper experiencing levels. Less successful clients had lower experiencing levels.

This introductory course is suitable for all therapists whatever your level of experience. This course may also be suitable for health professionals and anyone who works in the caring professions.

[Download details here](#)

Course outline on the next page ↓



# Training

## Introduction to Focusing-Oriented Therapy

**6 February 2016 (Tuesday) 09:30 to 16:30 - 6 CPD Hours**

### Course Outline

- 1) A basic definition of Focusing-Oriented therapy
- 2) Exploring different ways that clients use therapy.
- 3) The link between experiencing levels and client outcomes
- 4) How to spot clients who have deeper experiencing levels and not block them or restrict their process
- 5) How facilitate and offer all clients the opportunity to access deeper experiencing levels through offering deepening conversations
- 6) Exploring further resources and training in Focusing-Oriented therapy.

[Download details here](#)



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# Training

FOT training 2016. John is offering 60 Hours of training in FOT over 5 weekends.

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

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# Resources

British Focusing Association

[www.focusing.org.uk](http://www.focusing.org.uk)

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**Group**

**Facebook group - CPD events for Counsellors and Psychotherapists**

A group formed to give easy access to information about regular CPD events for Counsellors and Psychotherapists in the North West of England. early meetings are based in Warrington, Cheshire (was Lancs).

[CLICK HERE TO JOIN THE GROUP](#)



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# Contact John

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**SIGNUP**



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