

## Meeting in Poland: “A fresh and fluid dance based on the Focusing PHENOMENON

*“New responses can come from within each person, rather than being imposed from the outside.” Eugene Gendlin*

Our passion for Focusing took us as “Focusing Chile Institute” to Poland on August 24th. Our Founder, Edgardo Riveros, and Gabriela Riveros, Executive Director, took their suitcases, filled them with love, knowledge and enthusiasm heading to the old continent. They also had a “surprise” that was a product of the inspiration and motivation that the organizing committee transmitted to them, but let's not get ahead of ourselves. First we have to go back to November of last year, why? Now we will tell you.

In 2022 we participated in the XVI International Forum of the Person-Centered Approach, “Building Bridges”, held in Italy. On that occasion Edgardo and Gabriela held a total of three Workshops, and in one of them they gave a demonstration of Focusing. Among those attending was Bárbara Krasicyńska, a Polish sister and therapist from the Congregation of the Sisters of St. Joseph in Wroclaw, who has also run a private practice at the Duc in Altum Psychological Clinic for more than 10 years. With a Christian vision and experiential humanistic orientation, she was amazed by what she was seeing, so she did not hesitate to approach us to express her interest in bringing the Focusing of our Institute to her country. At first it seemed like a wonderful idea, but far away. What we did not know was that Barbara's motivation was greater than any obstacle, so much so that as soon as she arrived in her country she told her colleagues in the psychotherapy supervision space, Anna Gradkowska, Anna Raczkiewicz, , Dorota Özdemir, and Iwona Kańska, what they had experienced and decided to make this dream come true.

Our team quickly developed a proposal and a great meeting was held to go to work with Focusing in the therapeutic community of Poland, for both Focusers and non-Focusers. A new dream and challenge began in the light of Focusing.

As we already know, Eugene Gendlin entrusted two of his most important books to Edgardo for the purposes of translation, paraphrasing, teaching and dissemination: Experiencing and the Creation of Meaning (ECM, 1962) and A Process Model (APM, 1980). Both works are fundamental for understanding Focusing and its Implicit Paradigm. Thus, with great sense and all that the universe contains in their bodies, Edgardo and Gaby set out towards a new human space, following Gene's voice to facilitate and transmit the legacy, this time from English to Polish, or rather, from heart to heart.

As a result of very rigorous work, the Advanced Focusing Seminar for Therapists was born, in which we deal with therapeutic change, a corporal and symbolic experiential change, starting with the origin of Focusing and approaching its key concepts. On the occasion, 60 participants attended and there were 16 hours of work divided into two days, August 26th and 27th in Wroclaw.

To our surprise, many of those who went began to sign up for the following activities. On August 28th and 29th, the first Focusing Workshop Oriented for Therapists was held, which consisted of a practical day to understand Focusing from the perspective of A Process Model. It lasted 16 hours, was attended by 30 people, and was geared towards therapists. Then we moved to Warsaw to hold the second Workshop on September 1st and 2nd, this time for the Polish Focusing Community and those who love Focusing. The emphasis was on accompanying therapists in their possible areas of weakness to strengthen effectiveness in their work. 35 people attended, with whom we shared for two days and a total of 16 hours. We finished on September 8th and 9th with the Focusing and Spirituality Seminar, "Creating a spiritual path together from the felt sense", which was attended by 100 people.

We imagine that you are wondering what the surprise was. We will tell you, but first we want to thank Barbara, the organizing committee, and the attendees for the great reception, because we learned a lot and we felt impacted by the solidarity present in the Polish community, beyond Focusing, and with genuine humility. A novelty that touched our experience from the beginning, with Barbara's approach in Rome; along the way, with the presence of an organizing committee so careful and loving that she invited us to immerse ourselves in her history, the history of Poland with all its nuances and; It culminated, with the great phenomenon of encounter, of the emergence of a felt diversity.

And this is precisely what we want to refer to, because the surprise is directly related to what happened. Edgardo and Gabriela say that when Barbara invited them, everything happened fluidly and naturally, and it was very harmonious. So much so, that inspired and following their passion for Focusing, they wrote the book "The Focusing Phenomenon: New applications and the diversity of the felt sense" and printed a limited edition of 10 copies to take to Poland as a gift. However, after showing and explaining it at the event, they got the surprise, that it will be translated into Polish and published there.

You may wonder what is so special about this book. Well, a lot. It is a great novelty that is based on Gendlin's work. Later we will tell you more, because new events are coming. For now, we can say that this book proposes the Focusing Phenomenon beyond the method and focuses its proposal on the fact that there is a process of change experienced by the client, which brings with it a map of navigation through which it will travel, going through key moments, which allows us to distinguish the explanation of the process from the phenomenon of change itself: The Focusing Phenomenon.

We know that the description is very brief, but much more is coming. For now, we will close by saying that part of this work is due to the motivation that Barbara and the incredible organizing committee, "The Girls" gave us; the great solidarity, humility and welcome that the people who attended gave us, leaving an imprint on our hearts and, of course, that precious sense of community in us.

*"Every fragment of human experience, including suffering, is potential energy in the direction of life." Eugene Gendlin*

