

**Please note:** At the moment, we are not accepting orders online, but you can browse through the items below.

To place orders and get shipping costs, please email [info@focusing.org](mailto:info@focusing.org) or call (845) 480-5111.

<b>Focusing Books</b>	<b>pages 1-12</b>
<b>Focusing DVDs</b>	<b>pages 12-18</b>
<b>Focusing CDs</b>	<b>pages 19-20</b>
<b>Focusing Phone Sessions</b>	<b>page 21</b>

### Focusing Books



**Eugene Gendlin Quotation Deck of Cards** 52 different quotations of our founder Eugene T. Gendlin.

Product Code: **GQD-17**

**\$15.00**



**Experiencing and the Creation of Meaning** by Eugene Gendlin, Ph.D.  
Evanston: Northwestern University Press.

Product Code: **TPIB-1**

**\$28.50**



**Thinking Beyond Patterns: Body, Language and Situations** by Eugene Gendlin, Ph.D.

Product Code: **TPIB-20**

**\$15.00**



**Language Beyond Postmodernism** Saying and thinking in Gendlin's philosophy. Edited by David Michael Levin, Ph.D. Evanston: Northwestern University Press.

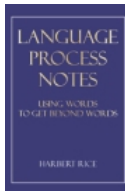
Product Code: **TPIB-21**

**\$39.95**



**Treating Trauma and Addiction with the Felt Sense Polyvagal Model: A Bottom-Up Approach 1st Edition** by Jan Winhall

Available soon in the new TIFI store, for now purchase at **Routledge**  
Discount code: FLR40



**LANGUAGE PROCESS NOTES** by Harbert Rice.  
A **free download** of this book is offered [here](#).

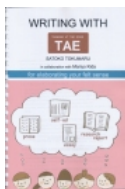
Product Code: **TPIB-23**



**Thinking at the Edge: Grassroots Introduction to TAE Manual Book One** by Nada Lou

Product Code: **FB-50**

**\$25.00**



**Writing with TAE: For elaborating your felt sense** by Satoko Tokumaru in collaboration with Mariyo Kida

Product Code: **FB-280**

**\$45.00**



**A Process Model A Process Model** by Eugene T. Gendlin; Foreword by Robert A. Parker.

Product Code: **PM17**

**\$32.00**



**Qualitative Research with TAE Steps. Thinking at the Edge: Theory and Applications** by Tokumaru, Satoko (2011). Translated into English by Mariyo Kida.

Product Code: **FB-330**

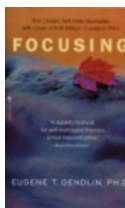
**\$38.00**



**Saying What We Mean - Implicit Precision and the Responsive Order.** Selected Works by Eugene T. Gendlin, Edited by Edward S. Casey and Donata M. Schoeller; Foreword by Edward S. Casey.

Product Code: **SWM-1**

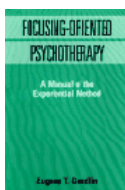
**\$32.00**



**Focusing** by Eugene Gendlin, Ph.D.  
2007 edition. Reissue, with new introduction and cover.

Product Code: **FB-1**

**\$7.99**



**Focusing-Oriented Psychotherapy** by Eugene Gendlin, Ph.D.

Product Code: **FB-2**

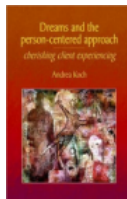
**\$32.00**



**Let Your Body Interpret Your Dreams** by Eugene Gendlin, Ph.D.

Product Code: **FB-3**

**\$24.00**



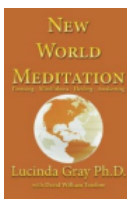
**Dreams and the person-centered approach:**

**cherishing client experiencing** by Andrea Koch (2012)

In her book Andrea Koch coined the term "dreamsensing" as a special focusing way to be with and accompany someone with their dreaming experience. A special and concrete impression of focusing and dreamsensing is included with a transcription of the author's own dream session with Barbara McGavin as the focusing guide.

Product Code: **FB-510**

**\$23.00**

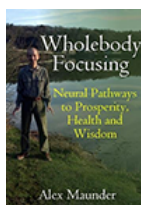


**New World Meditation: Focusing-Mindfulness-Healing-Awakening** by Lucinda Gray, Ph.D.

New World Meditation is a fusion of Focusing with Mindfulness, activating both of these amazing methods of stress reduction, healing and growth. NWM is a daily practice, a specific step by step method that goes beyond checking in, and gradually leads you into and through a healing process. Awakening is the fruit of this journey of self-discovery. Through healing you make peace with the past so that you are no longer haunted by fears of future repetitions. You are free to live in the beauty and joy of the Now; free to live with full authenticity because you accept your true self as the fully human being that you are.

Product Code: **FB-490**

**\$17.00**



**Wholebody Focusing - Neural Pathways to Prosperity, Health and Wisdom** by Alex Maunder.

Product Code: **WBF-0118**

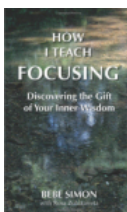
**\$13.00**



**Reaching Resilience: A Training Manual for Community Wellness** by Dr. Patricia A. Omidian.

Product Code: **RRT-0118**

**\$15.00**



**How I Teach Focusing: Discovering the Gift of Your Inner Wisdom** by Bebe Simon (Author), Rosa Zubizarreta (Contributor)

Bebe Simon first learned Focusing from Eugene Gendlin in the 1980s, and was soon asked by him to assist in teaching workshops. This book includes how Bebe teaches, her encouragement to develop your own teaching style and a compilation of many articles Bebe has written and published on Focusing.

Product Code: **FB-500**

**\$15.00**



**Focusing - Learn From the Masters - Four Training Manuals** by Lucinda Gray, Ph.D.

This book is a wonderful collection of articles from some of the best Focusing teachers in the world. This anthology was first developed to teach Focusing to teachers. Now it is being requested by Focusing trainers and coordinators all over the world. Thanks to new developments in publishing, we are able to make this new edition available as a general training resource at a greatly reduced price. The anthology is divided into 4 manuals which can easily be used in a training program. The manuals include short exercises that help you get the feel of Focusing. We find Focusing to be the most powerful change process we have ever encountered, and we hope you enjoy the collection as much as we do. The author is available for consultation at no charge to teachers who want to use this book in any training program.

Product Code: **FB-400**

**\$10.95**



**Inner Dialogue In Daily Life  
Contemporary Approaches to Personal and Professional Development in Psychotherapy**

Edited by Charles Eigen with a chapter by Joan Klagsbrun, Ph.D., Certified Focusing Professional, "Eugene Gendlin: River of Knowing; A Journey with Focusing." Connecting to our inner lives can foster healing, self-development and self-awareness. This unique book looks in depth at ten major contemporary psychotherapeutic approaches which all use inner dialogue as a way of developing both professionally and personally.

Product Code: **FB-440**

**\$30.00**

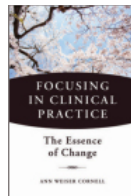


**Your Body Knows the Answer  
Using Your Felt Sense to Solve Problems, Effect Change, and Liberate Creativity**

by David I. Rome. A manual for Mindful Focusing, a new integration of Eastern and Western techniques for accessing your inherent wisdom.

Product Code: **FB-480**

**\$16.95**



**Focusing in Clinical Practice: The Essence of Change** by Ann Weiser Cornell.

"Since Eugene Gendlin's landmark book Focusing, first published in 1978, there has been too little in the way of clinical application of his seminal work. In her thorough, illuminating book, Ann Weiser Cornell fills this need . . . It is "magic" made simple, pure and simple." —Peter Levine, PhD, author of *In an Unspoken Voice* and *Waking the Tiger: Healing Trauma*.

Integrating mindfulness, body psychotherapy, positive psychology, and more, Focusing—used in conjunction with any therapy type—teaches clients how to contact their inner awareness or "felt sense" to spur real change and therapeutic progress. This practical guide explains the core principles of Focusing, how to incorporate it with other treatment modalities, and how to use it to treat a range of client issues.

Product Code: **FB-380**

**\$30.00**



**Psychotherapy for the Other: Levinas and the Face-to-Face Relationship**

Edited by Kevin C Krycka, George Kunz and George G. Sayre

Product Code: **FB-415**

**\$28.00**



**Focusing-Oriented Therapy (FOT)** by Neil Friedman, Ph.D.

Product Code: **FB-80**

**\$24.00**

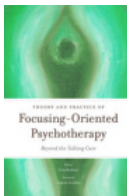


**Emerging Practice in Focusing-Oriented Psychotherapy: Innovative Theory and Applications**

Edited by Greg Madison. Emerging Practice in Focusing-Oriented Psychotherapy brings together some of the world's most influential contemporary psychotherapists in the field to look at the future of Focusing-oriented approaches.

Product Code: **FB-410**

**\$35.00**



**Theory and Practice of Focusing-Oriented Psychotherapy Beyond the Talking Cure**

Edited by Greg Madison. Foreword by Eugene Gendlin. This comprehensive introduction to Focusing-Oriented Psychotherapy lays out the background and fundamentals of the approach covering theory and practice.

Product Code: **FB-420**

**\$35.00**



**Loving At the Edge: Recovery Emerging**

by Suzanne L. Noël, CFT. Explores how felt sensing may be applied to the 12 Steps of Recovery and integrated into a daily Program of Recovery.

Product Code: **FB-260**

**\$24.99**

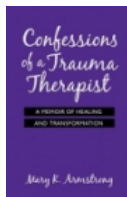


**Recovery Focusing Manual**

by Suzanne L. Noël, CFT. A companion workbook to "Loving at the Edge: Recovery Emerging," Suzanne Noel's Recovery Focusing Manual offers easy-to-follow instructions on how to apply felt sense sensing to the 12 Steps of Recovery, as well as how to Integrate Focusing into our daily life.

Product Code: **FB-265**

**\$19.98**



**Confessions of a Trauma Therapist - A Memoir of Healing and Transformation**

by Mary K. Armstrong

Product Code: **FB-250**

**\$24.95**



**Being Intimate: A Guide to Successful Relationships** by John Amodeo and Kris Wentworth.

Product Code: **FB-22**

**\$13.00**

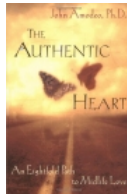


**Defining Moments for Therapists**

Edited by Serge Prengel and Lynn Somerstein. If therapy is a relational process, it takes a person on the therapist's end. The goal of this book is to capture the therapist's evolving sense of self as it is shaped by our experiences as active participants in a creative interaction. (Paperback)

Product Code: **FB-450**

**\$9.00**



**The Authentic Heart: An Eightfold Path to Midlife Love** by John Amodeo.  
 "The Authentic Heart is a groundbreaking, insightful, warmly written book that I highly recommend to anyone wanting more loving, joyful relationships. John Amodeo addresses with great clarity, wisdom, and practicality the key steps that are necessary for building authentic, mature, loving connections--not only with others, but also with oneself."--John Bradshaw, New York Times bestselling author. The Authentic Heart includes a chapter on "Focusing: A Path to Befriending Yourself."

Product Code: **FB-320**

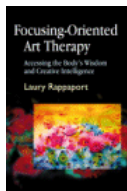
**\$17.00** **ORDER**



**Dancing with Fire: A Mindful Way to Loving Relationships** by John Amodeo.  
 The search for spiritual awakening can create a deep rift within us if we develop an aversion to our feelings, longings, and humanity. This highly acclaimed, practical book offers a path to mindfully engage with the fiery emotions and desires that relationships bring up for us. It explores how emotionally fulfilling relationships and spiritual development are two sides of the same coin of awakening. Bridging attachment theory with Buddhism and other spiritual paths, the book explores how weaving together mindfulness with Focusing creates a climate that connects us more deeply with ourselves, others, and life itself.

Product Code: **FB-370**

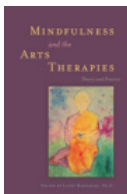
**\$18.00** **ORDER**



**Focusing-Oriented Art Therapy**  
 Accessing the Body's Wisdom and Creative Intelligence  
 by Laury Rappaport, Ph.D., ATR-BC. [Read review](#) by Di Gammage, Dramatherapist.

Product Code: **FB-220**

**\$34.95** **ORDER**



**Mindfulness and the Arts Therapies**  
**Theory and Practice**  
 Edited by Laury Rappaport, Ph.D. Foreword by Jakusho Kwong-roshi. This ground-breaking book explores the theoretical, clinical and training application of integrating mindfulness with all of the arts therapies, and includes cutting-edge contributions from neuroscience.

Product Code: **FB-430**

**\$30.00** **ORDER**



**When Bamboo Bloom**  
**An Anthropologist in Taliban's Afghanistan**  
 by Patricia A. Omidian  
 When Bamboo Bloom is a medical anthropologist's highly personal ethnographic chronicle of time spent as an aid worker and community outreach trainer in Taliban-controlled Afghanistan. It includes an account of the introduction of Focusing to an Afghan aid organization. Dr. Omidian is actively engaged in Community Wellness Focusing.

Product Code: **FB-310**

**\$18.00** **ORDER**



**I Know I'm in There Somewhere: A Woman's Guide to Finding Her Inner Voice and Living a Life of Authenticity**  
 by Helene Brenner with Laurence Letich.

Product Code: **FB-230**

**\$17.00** **ORDER**



**From Conflict to Creative Collaboration: A User's Guide to Dynamic Facilitation**  
by Rosa Zubizarreta. A detailed user's guide for organizational consultants, facilitators, and mediators. (Paperback)

Product Code: **FB-460**

**\$22.00**



**The Power Of Focusing: A Practical Guide to Emotional Self-Healing** - by Ann Weiser Cornell, Ph.D.

Product Code: **FB-4**

**\$19.00**



**The Radical Acceptance of Everything: Living a Focusing Life** - by Ann Weiser Cornell, Ph.D. and featuring Barbara McGavin

Product Code: **FB-41**

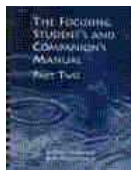
**\$29.95**



**The Focusing Student's and Companion's Manual - Part One** by Ann Weiser Cornell, Ph.D. and Barbara McGavin

Product Code: **FB-5**

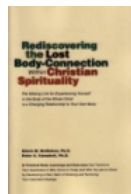
**\$25.00**



**The Focusing Student's and Companion's Manual - Part Two** by Ann Weiser Cornell, Ph.D. and Barbara McGavin

Product Code: **FB-6**

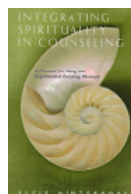
**\$30.00**



**Rediscovering the Lost Body-Connection Within Christian Spirituality**  
by Edwin M. McMahon, Ph.D. and Peter A. Campbell, Ph.D.

Product Code: **FB-300**

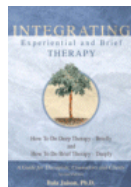
**\$21.00**



**Integrating Spirituality in Counseling: A Manual for Using the Experiential Focusing Method**, by Elfie Hinterkopf, Ph.D.

Product Code: **FB-13**

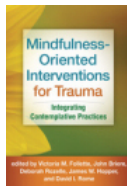
**\$20.00**



**Integrating Experiential and Brief Therapy** by Bala Jaison, Ph.D.

Product Code: **FB-70**

**\$39.95**



**Mindfulness-Oriented Interventions for Trauma: Integrating Contemplative Practices** Edited by David Rome and others with chapters by Doralee Grindler Katonah and Robert Parker. Bringing together leading authorities, this volume describes a range of ways to integrate mindfulness and other contemplative processes into clinical work with trauma survivors. Vivid case material illustrates how mindfulness-oriented interventions can help go beyond symptom reduction to address clients' existential concerns and promote their psychological well-being.

Product Code: **FB-485**

**\$39.99**



**Presence: A Guide to Transforming Your Most Challenging Emotions** by Ann Weiser Cornell  
Ann's book takes you along on the personal journeys of people like you seeking ways to be calmer, clearer, happier, and more effective in their lives. Ann Weiser Cornell's responses to real people's questions about their emotional struggles are warm-hearted, wise, and inspiring and often funny.

Product Code: **FB-470**

**\$27.00**



**Focusing with Children - The art of communicating with children at school and at home** by Marta Stapert and Erik Verliefe.

Product Code: **FB-210**

**\$26.00**



**Interactive Focusing Therapy Healing Relationships** by Janet Klein, Psy.D.

Product Code: **FB-20**

**\$25.00**



**Writing the River: Experiential Journaling** by David Smith  
Experiential Journaling is a method of self-Focusing in which the page serves as witness. Forwarding unfolds from the written word as the Felt Sense becomes the Felt Sentence which allows the River of Experience to flow to the page. This combined book and audio program contains instruction, real-time guided exercises, and a choice of two journaling experiences. Use it to unlock your authentic voice, to make difficult decisions, to break action blocks, and to open your deepest source of creativity.

Product Code: **FB-710**

**\$25.00**



**The Empathic Listening/ Focusing Manual** by Janet Klein, Psy.D.

Product Code: **FB-7**

**\$35.00**

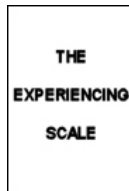


**The Experiential Dimension in Psychotherapy** by Kathleen McGuire, Ph.D. Includes Experiencing Scale Ratings of two complete therapy sessions, showing how interventions by a Focusing-Oriented therapist can be measured as increases in Experiencing Level.

Product Code: **FB-11**

**\$24.95**





**The Experiencing Scale: A Research and Training Manual** by Marjorie H. Klein, Philippa L. Mathieu, Eugene T. Gendlin, and Donald J. Kiesler. The Experiencing Scale Manual consists of three volumes. Volumes I and II consist of printed material. Volume I reviews the theoretical anchorage of the concept and method, outlines its basic assumptions, and summarizes research employing the method. The second section of Volume I of the Manual considers the present version of the Scale including aspects of methodology and procedural application. Last comes the training manual, including the Scale itself and an overview the training sessions. Training involves raters' listening to seven hours of audio recordings of therapy material (Volume III) or reading transcripts of these sessions (Volume II). Volume I ends with Expert Ratings and Justifications for the ratings of these practice sessions in order to provide feedback to raters. This is followed by two additional hours of audio material which are rated in order to provide final information on rater reliability. The package contains two manuals and ten CDs.

Product Code: **FB-350**

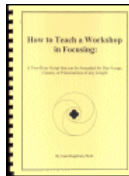
**\$100.00**



**FOCUSING IN COMMUNITY: How To Start A Listening and Focusing Support Group** (154 pp.) by Dr. Kathy McGuire, Creative Edge Focusing (TM). 1981, revised 2007.

Product Code: **FB-30**

**\$25.00**



**How to Teach a Workshop in Focusing** Joan Klagsbrun, Ph.D.

Product Code: **FB-15**

**\$12.00**



**Sadie Listens: An Inward Journey** by James Steele. A grief and healing story about the death of Sadie's cat and how she notices and nurtures her feelings, all on her own. The illustrations use specific colors to represent Sadie in relationship with different aspects of herself. One of the greatest gifts to bestow upon a child is the ability to transform difficult feelings. Since this book's debut in 2002, Sadie has encouraged children to overlay their own feelings onto Sadie's situation, drawing them into a Focusing experience. The clarity and intensity of the illustrations give children full permission to go deeply into, and finally allow expression, to life's paralyzing events. "The prevailing human may be the individual who can transform their broken humanness at the same velocity as technology and rapid planetary change".

Product Code: **SL-01**

**\$17.95**



**Inside-Me Stories** "Something is Happening Inside-Me!" by Janet Klein Psy.D.

Product Code: **FB-16**

**\$25.00**



**Energy Flow Focusing Explorations Passageways Into Your Hidden Treasures** Christel Kraft, M. Ed. Purchase of this book includes one free telephone session with author Christel Kraft. Please contact Christel directly after purchase at [christelkraft77@gmail.com](mailto:christelkraft77@gmail.com)

Product Code: **FB-17**

**\$33.00**

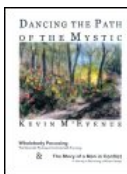


**Creating Confidence - How to Do Social Work Without Destroying People's Souls** by Anna Willman

Forty years ago a handful of renegade social workers in the small conservative rural town of Roseburg, Oregon, started meeting with their welfare mom clients in the local bars for gripe sessions about the welfare system. Together they developed a radical new concept they called "People Planned Delivery" and a program for women called the Confidence Clinic. Their history includes brilliant successes and stunning betrayals. It is a messy story that begins with a lot of loud yelling and name calling and goes on to a proliferation of services, all designed and, to a great degree, operated by the people who were to benefit from them. This book tells their story and provides a clear guide to following their lead in helping women to empower themselves and transform their lives. "It only takes one woman to change the world, but a group of women can change anything." Maxine Gish, Confidence Clinic graduate "The Confidence Clinic...is what I call a psychic family – a group committed to mutual help...for women who have been isolated, despairing, and dependent." Gloria Steinem, *Revolution from Within*

Product Code: **CC-01**

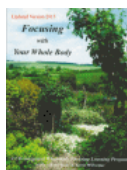
**\$28.00**



**Dancing the Path of the Mystic** by Kevin McEvenue

Product Code: **FB-24**

**\$14.00**



**Focusing with Your Whole Body** by Addie van der Kooy and Kevin McEvenue. Contains book plus CD.

Product Code: **FB-27**

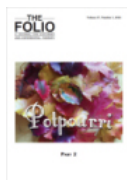
**\$39.95**



**The Little Bird Who Found Herself** by Rev. Edwin M. McMahon, PhD

Product Code: **FB-90**

**\$15.00**



**The FOLIO (Volume 27, Number 1, 2016) POTPOURRI Part 2**

This Part 2, Potpourri contains an array of stimulating articles and artwork that runs the gamut from a thank-you-letter to a felt sense (yes!) to the integration of holistic healing into a Focusing practice - and - the intriguing integration of the Process Model as experienced in a cross-country walking adventure starting on the writers 70th birthday! We know that you will really enjoy this issue. **FOLIO price is based on your membership status and the quantity ordered.**

Product Code: **FB-FOL-27-1**

**\$18.00**



**The FOLIO (Volume 26, Number 1, 2015) POTPOURRI**

This first volume of a two-part series is literally a Potpourri - a mixture of articles covering innumerable topics that integrate various aspects of Focusing into very specific and enlightening subjects and themes. **FOLIO price is based on your membership status and the quantity ordered.**

Product Code: **FB-FOL-26-1**

**\$18.00**



**The FOLIO (Volume 25, Number 1, 2014)**  
**FOCUSING AND... Crossings and Integrations** addresses the subject of 'Crossings' and 'Integrations' of Focusing... AND the 'crossings' that people in our community are doing are really quite astounding - from Focusing and Jung to Focusing and Architecture! **FOLIO price is based on your membership status and the quantity ordered.**

Product Code: **FB-FOL-25-1**

**\$18.00**



**The FOLIO (Volume 24, Number 1, 2013)**  
**MEMOIRS: STORIES OF ONE AHA TRANSFORMATIONAL FOCUSING EXPERIENCE**, features 47 written memories-memoirs from members of our Focusing community. The diversity of insight, growth, change, and inspiration is both heartfelt and often astounding. Some of the memoirs are very serious, of difficult and painful experiences that were transformed through the process of Focusing. Others are genuinely amusing and will make you smile from ear to ear. And, for the first time, some of the writers have included a variety of wonderful drawings and pictures, making this edition of The Folio particularly memorable, both visually, as well as in a felt way. **FOLIO price is based on your membership status and the quantity ordered.**

Product Code: **FB-FOL-24-1**

**\$18.00**



**The FOLIO (Volume 23, Number 1, 2012)**  
**FOCUSING, RESEARCH, AND CONTEMPORARY SCIENCE: New Movements Forward**  
 Crossing Focusing and Science, this issue is packed with wonderful articles including unexpected discoveries in Physics and Epigenetics, Neuroscience and Focusing, Focusing-Oriented Therapy and recent findings about brain plasticity - and - a wonderful article from our founder Eugene Gendlin. **FOLIO price is based on your membership status and the quantity ordered.**

Product Code: **FB-FOL-23-1**

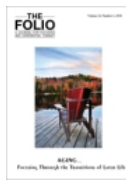
**\$17.00**



**Kaleidoscope**  
 by Anna Willman Two different worlds, one body, many personalities. Kaleidoscope is a psychological novel about the complex worlds of a woman with multiple personalities. It explores the nature of reality, the creativity and richness of her inner life, and the impact of her experience on those around her.

Product Code: **K-01**

**\$15.00**



**The FOLIO (Volume 22, Number 1, 2010)**  
**AGING... Focusing Through the Transitions of Later Life...** **FOLIO price is based on your membership status and the quantity ordered.**

Product Code: **FB-FOL-22-1**

**\$17.00**



**The FOLIO (Volume 21, Number 1, 2008)**  
**TRIBUTE ISSUE Celebrating Thirty Years of Focusing 1978-2008.** **FOLIO price is based on your membership status and the quantity ordered.** Please call 845-480-5111 if you would like to order more than three copies.

Product Code: **FB-FOL-21-1**

**\$27.95**



**The FOLIO (Volume 20, Number 1)**  
**Felt Meaning and Global Transformation**  
 How Focusing Brings New Patterns of Relating in a Landscape of Fear  
**Price for paid-up members is \$10 plus shipping. Price for non-members is \$25 plus shipping.**

Product Code: **FB-FOL-20-1**

**\$10.00**



**The FOLIO** (Volume 19, Number 1, 2000-2004)  
Thinking At The Edge

Product Code: **FB-FOL-TAE**

**\$25.00**



**The FOLIO** (Volume 18, Number 1, 1999)  
Focusing and Medicine

Product Code: **FB-FOL-MED**

**\$20.00**

## Focusing DVDs

Welcome to our DVD section. The following pages contain a brief description of the DVDs available.

### MORE FOCUSING DVDs AVAILABLE FROM NADA LOU PRODUCTIONS

There are several additional DVDs about Focusing that are not sold in our store but are available at [Nada Lou Productions Canada](#). These include such topics as *A Day with Gene*, *Balancing Bodybrain and Headbrain*, *The Body's Search for Spirit*, *Coming Home through Focusing*, *Denken wo worthe noch fehlen (German TAE)*, *Discovering the Power of Focusing*, *Experiencing the Gift*, -- *Focusing with Children*, *Interactive Focusing*, *Learning the Focusing Steps*, *A New Paradigm*, *Presence, Existence and Space*, and *The Power of Listening*.



#### **Focusing with Eugene T. Gendlin**

1 DVD 120 minutes. Eugene T. Gendlin, Ph.D., introduces Focusing and gives a demonstration by working with one person on her process. During this time, references are made to the "Focusing Steps" as described in the Focusing book. The movement and progression of the process is indicated on the screen. Dr. Gendlin also introduces "partnership" which is then demonstrated by two participants. Information on this DVD is clear and helpful for both long time Focusers as well as for those who have never heard about Focusing.

Product Code: **DVD-NL-FGG**

**\$45.00**



#### **The First World Focusing-Oriented Psychotherapies Conference**

1 DVD 98 minutes. Eugene T. Gendlin Ph.D. address The First World Focusing-Oriented Psychotherapies Conference. Dr. Eugene Gendlin's address to the conference was a delightful culmination of this event. This DVD gives evidence of his perspicacity, his spontaneity and his depth. His fresh and insightful responses to audience questions are legendary. In addition to a large range of topics, he addresses concerns about ethical safeguards in working with clients in a Focusing approach. He illuminates some of his Philosophical concepts from which the practice of Focusing emerged. This DVD also contains the panel discussion: What is it about your work as a Psychotherapist that makes it Focusing-Oriented?

Product Code: **DVD-NL-FWC**

**\$45.00**



**FOT: Focusing-Oriented Therapists**

2 DVDs - Disk # 1- 76 min. Disk # 2 - 80 min. Focusing-Oriented Psychotherapy (FOT) is an emerging family of experiential psychotherapies based on the pioneering work of Eugene Gendlin. This process, which Gendlin named Focusing, is now considered to be the crux of therapeutic change and forward movement in psychotherapy. These eight therapists present their unique applications of Focusing-Oriented work that were the basis of their study groups which were offered at the Focusing-Oriented Psychotherapies First World Conference. Karen Whalen Ph.D. and Glenn Fleisch Ph.D., MFT *Wholebody Focusing Therapy*, Kevin Krycka Psy.D. *Finding your World Voice*, Lynn Preston MA, MS. *The new Us*, Joan Klagsbrun Ph.D. and Doralee Grindler Katonah Psy.D., M.Div. *Finding Doorways to Spirituality in Psychotherapy*, Robert L. Lee Ph.D. *Using Focusing in Working with Difficult Patterns anxiety, depression, obsession, disassociation, rage, terror.* and Bala Jaison Ph.D. *Integrating Experiential and Brief Therapy: Moving clients from insight to change*

Product Code: **DVD-NL-FOT**

**\$90.00**



**The Theory of Focusing-Oriented Psychotherapy with Eugene T. Gendlin, Ph.D.**

2 DVDs: 90 and 60 minutes. In this video, Eugene Gendlin, widely known for his Philosophy of the Implicit, the practice of Focusing, and focusing oriented therapy speaks about his essential ideas on how psychotherapy works. In it, he brings us step by step into his experiential thinking about the nature of being human and the wider implicit bodily living that can be accessed and unfolded.

Product Code: **DVD-LP-FOP**

**\$90.00**



**Thinking Freshly from Experiencing**

**How Gendlin's Philosophy of the Implicit helps you Think at the Edge** with Eugene T. Gendlin Ph.D. and Nada Lou. In this two-part DVD, you will have the opportunity not only to follow the Thinking at the Edge practice step by step, but to hear many of The Philosophy of the Implicit (POI) concepts explained by its creator and originator Dr. Gene Gendlin in refined and accessible ways. Set includes 2 DVD's.

Product Code: **DVD-NL-TFE**

**\$89.00**



**Carrying Forward with Gene - FISS 2010**

1 DVD 108 minutes. Watch and listen as Dr. Gendlin's philosophical texts come alive at the fifth annual FISS (Focusing Institute Summer School). In this presentation even difficult concepts become accessible to newcomers and seasoned Focusers alike. Gene's humor and vitality become palatable as he responds to questions and topics including, what would have happened if Focusing entered society through the educational system rather than through therapy? How is God manifest in this practice? And what does he mean when he says, I don't know.

Product Code: **DVD-NL-CFG**

**\$45.00**

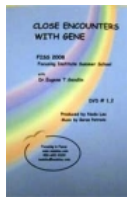


**Exploring with Gene - FISS 2009**

1 DVD 72 minutes. This DVD is a continuation of sharing and learning with Dr. Gendlin at the fourth annual FISS (Focusing Institute Summer School). Dr. Gendlin offers participants the opportunity to ask questions about many, different topics. There are always more and wider subject matters that participant raise, often deeply philosophical, generally practical, and widely applicable in many areas of work and daily life. Gene's grounded presence, warm attention, always nearby sense of humour and genuine human touch bring new energy to viewers and participants of a vision shared by many.

Product Code: **DVD-NL-EWG**

**\$45.00**



**Close Encounter with Gene - FISS 2008**

2 DVDs 187 minutes. This new set of 2 DVDs brings a wide variety of topics and a wealth of Dr. Gendlin's wisdom, through his interaction with participants at the third annual Focusing Institute Summer School (FISS) 2008 at Garrison. The title "Close encounters with Gene" came spontaneously out of my experience of lively interactions, challenging discussions, many surprises, and deepening understanding of Dr. Gendlin's wisdom.

Product Code: **DVD-NL-CEG**

**\$90.00**

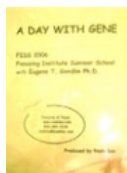


**In Touch With Gene - FISS 2007**

1 DVD 90 minutes. On this DVD, the viewer will enjoy Dr. Gendlin's comfortable, entertaining style communicate to the audience his intricate and versatile wisdom. Through his warm presence and comfortable style, Dr Gendlin communicates the intricacy of his wisdom in a clear and entertaining manner.

Product Code: **DVD-NL-ITG**

**\$45.00**



**A Day with Gene - FISS 2006**

2 DVDs 210 minutes. Recorded at the first FISS 2006, "A Day With Gene" gives you the opportunity to enjoy Gene's company as he explores, in his inimitable style, a wide range of themes on focusing, TAE and Philosophy of the Implicit in an engaging, accessible and interactive way. "A Day With Gene" provides a way to re-connect with the profound wisdom of focusing.

Product Code: **DVD-NL-DWG**

**\$90.00**



**Children Focusing: Being Seriously Playful with René Veugelers**

2 DVDs: 74 and 47 minutes. In school or at home, many children are burdened with difficulties created by their life situations. They carry all these difficulties inside themselves into every aspect of their activities and into their adult lives. Focusing provides their teachers, parents, therapists and themselves with the skills, knowledge and attitudes to get in touch with their vitality and life energy that brings healing. In this 2 part DVD you will follow an inherently gentle, playful approach to Focusing. You will learn skills, attitudes and tools to help children to access their healing paths. In live demonstrations with 2 children, the viewer will gain a genuine feel for René's gifts. A very impressive exhibition of children's art work reveals inspiring stories of the power of Focusing.

Product Code: **DVD-NL-CF**

**\$89.00**



**Focusing with Children in the Family**

1 DVD 68 minutes. With John and Elizabeth Thompson and their mother Marianne. Also with Dr. Edwin McMahon.

Product Code: **DVD-NL-FCF**

**\$45.00**

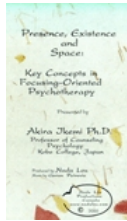


**On Three Modes Of Focusing In Therapy and The Experiencing Scales with Akira Ikemi, Ph.D.**

2 DVDs 135 minutes. The outline of Dr.Ikemi's presentation is both systematic and flowing delivery of what feels like a a continuing story full of interesting twists, references to history, art, philosophy, psychology, and activities that touch and resonate deeply. As the producer of this DVD I tried to help the viewer experience this flow. Many methods for genuine deep inner guidance and healing are blended with music, texts, and photography into a gem of Akira's brilliance and artistry.

Product Code: **DVD-NL-TMF**

**\$90.00**



**Presence Existence and Space with Akira Ikemi, Ph.D.**

1 DVD 60 minutes. In this work, Focusing Coordinator Professor Akira Ikemi Ph.D. from Japan, proposes a way of understanding Focusing and Focusing-Oriented Psychotherapy. Three key concepts are central to his understanding: "Human Presence", "Existence (Felt Sense)" and "Space". It is proposed that attending to these dimensions would help understanding the central viewpoints explicated in Focusing.

Product Code: **DVD-NL-PES**

**\$45.00**



**The Body's Search for Spirit**

2 DVDs 206 minutes. This DVD series contain excerpts from several 6 Day Workshops given by Edwin M. McMahon, Ph.D. and Peter A. Campbell, Ph.D. The content of the psychological background of the Focusing process, the Focusing Steps, Process-Skipping, and many, many more subjects. Several exercises are included on the DVDs, so the viewer can discover experientially the meaning of these topics.

Product Code: **DVD-NL-BSS**

**\$90.00**

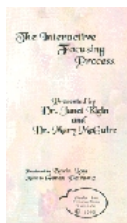


**Facilitating Self-in-Presence: Using Language and Embodiment to Help Clients Be Their Larger Selves**

1 DVD 70 minutes. In this presentation given at the Second World Conference of Focusing-Oriented Psychotherapy in November 2011, Ann Weiser Cornell shows how facilitating Self-in-Presence can be done with simple shifts in language that don't require explanation, integrating smoothly into any type of therapy.

Product Code: **DVD-NL-FSP**

**\$45.00**



**The Interactive Focusing Process with Dr Janet Klein and Dr Mary McGuire**

1 DVD 112 minutes. The Interactive Focusing Process is a forward moving edge of Focusing, incorporating Focusing into the building of relationships. Through the Interactive Focusing Process, we are able to develop empathy and compassion as well as self-empathy and self-compassion. We finally have a "how to" teach empathy and compassion using the Interactive Focusing Process.

Product Code: **DVD-NL-IFP**

**\$45.00**

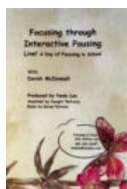


**Focusing Through Interactive Pausing: The teacher and school experience of the Process**

with Derek McDonnell and Tadhg O'Lionaird.  
1 DVD 28 minutes. The background to Focusing Through Interactive Pausing, as a process of dealing with behaviour management issues, began in direct response to external factors relating to and impacting on students in a DEIS band 1 school in Ireland. The intervention, which led to this research project, was intended as an initial step in the introduction of a school-wide response to behavioural management considerations. The process of using 'Focusing' as a modality in the building of resilience and problem solving practice among young people began, as a targeted response to behavioural management challenges and issues of emotional self-regulation, in the pursuit of better educational outcomes for students in a disadvantaged area primary school in Ireland.

Product Code: **DVD-NL-FIP**

**\$45.00**



**Focusing Through Interactive Pausing: Live! A Day of Focusing in School**

with Derek McDonnell  
1 DVD 58 minutes. Focusing through Interactive Pausing came about as a result of Derek McDonnell, a Certified Coordinator, being asked to bring his Focusing work from individual sessions to a classroom setting in a DEIS school in Ireland. A big challenge, but one Derek was confident that Focusing could meet, became the architectural landscape for the development of this iteration of Focusing which became known as The Pause Programme and later in its present form as Focusing through Interactive Pausing.

Product Code: **DVD-NL-FIPL**

**\$45.00**



**Some Philosophical Concepts: Philosophy - Practice**

This new two disk DVD set was recorded at the live conference in New York. Disk # 1 (77min) Some Philosophical Concepts: Philosophy - In this rich animated and meticulous presentation, Dr. Gendlin explains several concepts that are building blocks of his Philosophy. "The Philosophy of Entry to the Implicit" is a Model for the modern world which keeps sharp conceptual definitions but it also includes and builds on the implicit. In his words " There is no 'Is'. There is only 'Is' and 'Implies'". Dr. Gendlin conveys how he uses the words "body" and "implicit". The body is already an interaction - and living things imply not just the next movement, they imply process – their own process. Disk # 2 (73min) Some Philosophical Concepts: Practice - A delicate and sensitive "Experiential Demonstration" on this disk is preceded by a valuable introduction of Focusing-Oriented Psychotherapy. In a lively discussion that follows, Dr. Gendlin answers many interesting questions. The discussion brings a whole additional elaboration about the close correlation of Gendlin's Philosophy and the Practice of Focusing-Oriented Psychotherapy.

Product Code: **DVD-NL-SPC**

**\$89.00**



**TAE in 14 Steps**

with Eugene T. Gendlin, Ph.D. 2 DVDs 235 min.  
 These two DVDs have been directed and edited to illustrate each of the fourteen steps, in order. Viewing this DVDs, even stopping it on each step and going over the illustrations several times should help people actually do the steps themselves. Each step is written on the screen and there are other visual aids to help viewers keep track of which step they are seeing. We recommend this set of two DVDs as an accessible introduction to TAE. The first DVD will take you from steps 1-9 and you will see them demonstrated with a variety of people. The second DVD will pick up at steps 10 - 14 with the Theory building steps. You will see them demonstrated with several people. TAE is the second practice developed out of Gendlin's Philosophy of the Implicit. The first one is Focusing and familiarity with Focusing is assumed for TAE. Thinking at the Edge consists of 14 Steps that help people think from their felt sense of implicit knowing and generate fresh language and fresh concepts.

Product Code: **DVD-NL-TAE**

**\$89.00**



**Focusing-Oriented Art Therapy - FOAT: Integrating Focusing-Oriented Art**

with Laury Rappaport, Ph.D., ATR-BC, REAT. 1 DVDs 85 min.  
 Focusing-Oriented Arts Therapy (FOAT) integrates Focusing with the expressive arts therapies. In this workshop presented at the Second World Conference of Focusing-Oriented Psychotherapy, 2011, Dr. Laury Rappaport presents an overview of Focusing-Oriented Arts Therapy and its three main approaches: Clearing a Space with Arts, Theme Directed FOAT, and Focusing-Oriented Arts Psychotherapy.

Product Code: **DVD-NL-FOAT**

**\$45.00**



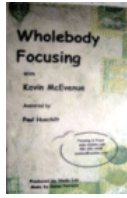
**A Focusing Approach to Life-Changing Illness**

with Joan Klagsbrun, Ph.D. 1 DVD 66 min.  
 This DVD is a dynamic presentation with several experiential exercises and a lot of wisdom from Joan Klagsbrun's passionate work. It will be of interest to anybody facing illnesses themselves or their families/friends. It is also recommended for health professionals who can use a Focusing approach when dealing with people in their care. Joan brings several examples of "mini focusing moments", which can make so much difference to people who are facing and learning to live with illness. Focusing can be the inner compass that helps people navigate through the territory of serious illness. It invites people to connect with body, mind, and spirit when making important medical decisions to perceive inner meanings rather than taking cues from others; to understand their own stories in a fresh way; to build a life-enhancing social network and to integrate the illness experience in such a way that their humanity is expanded. Using case examples and experiential exercises, this DVD will help you to discover how Focusing can be a catalyst for experiencing health in the midst of illness.

Product Code: **DVD-JK-FAI**

**\$45.00**





**Wholebody Focusing**

with Kevin McEvenue. 1 DVD 114 min.

Wholebody Focusing is the innovative work of Kevin McEvenue, powerfully combining the principles of Eugene T. Gendlin's Focusing Process with the Alexander Technique. This DVD illustrates how Wholebody Focusing comes out of the blending of two processes - Alexander Technique and Focusing. Dr. Eugene Gendlin developed Focusing as a teachable way to access our own body knowing by paying attention to what he called a "felt sense". Felt sense can "open" into a whole field of intricate detail, from which surprising steps of change come. F.M. Alexander discovered the importance of activating a physical functioning that awakens the body as a whole towards a sense of expansion and inner flow. Wholebody Focusing puts these two pieces together in a way that enhances both. In Wholebody Focusing we get in touch with the self in a whole body kind of way. This invites spontaneous movement and a sense of inner direction. We can then allow any particular part of us that needs special attention to come into relationship with this Wholebody sense.

Product Code: **DVD-KM-WBF**

**\$45.00**

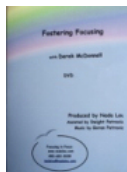


**FOCUSING TEACHERS**

2 DVDs 152 min. FOCUSING TEACHERS introduces six different presentations that reflect the movement of carrying the Focusing model into society through different teaching styles and approaches. There is a complimentary feel to these 2 DVDs - Focusing and Focusing Teachers. The teachers take certain highlights and themes of Gene's pioneering work, as presented on the Focusing with Gendlin DVD, and cross them with their own gifts which carries them forward in their own way. Featured are Kathy McGuire Bouwman, Neil Friedman, Ann Weiser Cornell and Barbara McGavin, Robert Lee, Mia Leijssen, Fr. Ed McMahon and Fr. Pete Campbell.

Product Code: **DVD-NL-FT**

**\$89.00**



**Fostering Focusing with Derek McDonnell**

1 DVD 92 min. This DVD is presented by Derek McDonnell as a teaching aid for our trainers to enable them to articulate from their "inside place" the core elements of the Focusing Process - The Felt Sense and Quality Of Presence. Derek is working in a Theoretical and Experiential way with Foster Carers who are recently Certified Focusing Trainers and some new TNTs. He demonstrates how the application of Focusing helps their own stuck places and the children in their care.

Product Code: **DVD-NL-FF**

**\$45.00**

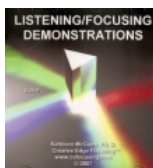


**Demonstrations of Inner Relationship Focusing: Working with a Storytelling Client**

with Ann Weiser Cornell, PhD - A rare opportunity to witness an actual Focusing session guided by Ann. Features commentary both before and after the session.

Product Code: **DVD-AWC-IRF**

**\$59.95**



**Listening Focusing Demonstrations**

with Kathleen McGuire, Ph.D. 120 minutes total. Dr. McGuire discusses a wide variety of topics in Mind/Body Healing, then includes four 12-minute demonstrations of actual Listening/Focusing turns with commentary. In one 12-minute session, a woman experiences a "felt shift," going from depression/migraine to imagining "dancing." There is a palpable shift of energy in the room. This makes an excellent demonstration of the power of Focusing.

Product Code: **DVD-KMG-LFD**

**Depression and Trauma with Shirley Turcotte** with Shirley Turcotte: This three part DVD includes a 20 minute group discussion on various contributing elements of depression (vicarious, inter-generational, ping pong, situational, reactionary, seasonal, familial, etc.); followed by a 20 minute interview on the impacts of depression in families and treatment considerations. The last part is a 25 minute FOT session (client-centered, therapist-driven), where the client, Shirley, works through vicarious depression triggered by a major life change.  
*Region 1 (U.S., Canada, U.S. Territories).*

Product Code: **DVD-ST-DT**

**\$35.95**

**Multigenerational and Vicarious Trauma** with Shirley Turcotte: This DVD includes a 10 minute clinical discussion on Multigenerational and Vicarious Trauma. Many symptoms and even Felt Senses may be carried forward from Traumatic experiences. Those symptoms and felt senses may be vicarious or multigenerational memory pieces or flashbacks that are not necessarily you client's own. The discussion is followed by a 45 minute Focusing Oriented Therapy Session (client centered, therapist driven), where the client, Anne, works through a multigenerational and vicarious trauma piece. In the last 10 minutes Shirley Turcotte debriefs the session.  
*Region 1 (U.S., Canada, U.S. Territories).*

Product Code: **DVD-ST-MVT**

**\$35.95**

**The Critic and Trauma** with Shirley Turcotte: This DVD includes a 10 minute discussion on the role of the Critic, as a coping mechanism, where there has been trauma; followed by a 45 minute Focusing Oriented Therapy Session (client centered, therapist driven) where the client, Jack, works through trauma memories and flashbacks that lay just under the Critic. In the last 10 minutes Shirley Turcotte debriefs about the session.  
*Region 1 (U.S., Canada, U.S. Territories).*

Product Code: **DVD-ST-CT**

**\$35.95**

**Parenting and Trauma** with Shirley Turcotte: This DVD includes a 10 minute discussion on the issues of parenting for trauma survivors; followed by a 45 minute Focusing Oriented Therapy session (client centered, therapist driven), where the client, Alexis, works through trauma memories and flashbacks triggered by parenting. In the last 10 minutes Shirley Turcotte debriefs the session.  
*Region 1 (U.S., Canada, U.S. Territories).*

Product Code: **DVD-ST-PT**

**\$35.95**

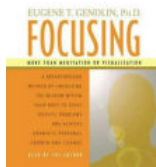
**Burn Out and Trauma** with Shirley Turcotte: This DVD includes 12 minutes of clinical discussion on some contributing factors of Burn Out, experienced by Health Care Workers, Counsellors and Therapists working in the field of trauma; factors such as Vicarious Trauma, System Induced Trauma and personal skills, boundaries and mental and physical health. It is followed by a 45 minute FOT session (client-centred, therapist-driven) where the client, Dennis, works through vicarious/ secondary trauma, flashbacks and personal stresses contributing to the Burn Out he is experiencing. In the last 10 minutes Shirley Turcotte debriefs the therapy session and how personal history can both impact and help with Burn Out.  
*Region 1 (U.S., Canada, U.S. Territories).*

Product Code: **DVD-ST-BOT**

**\$35.95**

## Focusing Audio CDs

Welcome to our Audio CD department. These pages contains a brief description of the CDs available.



**Focusing** by Eugene Gendlin, Ph.D. Available as CD.

Product Code: **T-22**

**\$17.95**

**Asking the Dream Questions** by Eugene Gendlin, Ph.D.  
Available as CD, only.

Product Code: **T-23**

**\$17.95**

**Working with Dreams** by Eugene Gendlin, Ph.D.  
4 CD set. 5 dream sessions.

Product Code: **T-60**

**\$39.95**

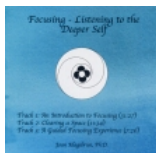


**Focusing for Wellbeing: Guided Exercises**

by Laury Rappaport, Ph.D., ATR-BC, REAT. This audio CD contains 7-guided Focusing exercises designed to enhance wellbeing. Through this CD, you will learn the basic steps of Focusing including the Focusing Attitude, Getting a Felt Sense, Clearing a Space, and Working on an Issue. Special instructions using Focusing for self-care and mindfulness meditation.

Product Code: **T-220**

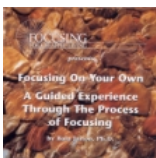
**\$18.00**



**Focusing - Listening to the Deeper Self** by Joan Klagsbrun, Ph.D.  
Available as CD, only.

Product Code: **T-52**

**\$17.95**



**Focusing On Your Own: A Guided Experience Through The Process of Focusing** by Bala Jaison, Ph.D. Available only as CD.

Product Code: **T-70**

**\$25.00**



**Focusing, Psychotherapy & The Implicit**

a 5-week course on CDs with Eugene Gendlin & Ann Weiser Cornell. Focusing, Psychotherapy & The Implicit is a course to support psychotherapists and other healing professionals in being with their clients in a Focusing-oriented way. This is a slightly edited version of a live, interactive, 5-week phone course with the legendary author of *Focusing* and one of his most well known students. Focusing is a process that has been linked in over 50 research studies with successful outcomes in psychotherapy. Research has shown that successful therapy clients make contact with a *felt sense* – a murky, hard to describe, more-than-words experience that is broader and vaguer than emotion. With a certain quality of attention, felt senses can “come into focus” and bring fresh insights and new behavior.

Product Code: **T-230**

**\$79.95**



**Releasing Blocks to Action CD Set** by Ann Weiser Cornell, Ph.D. In this five-week course, *Releasing Blocks to Action*, you'll identify your block, relate to it in a new way, and release the dynamic that holds the block in place. The result: flowing action in alignment with your true self. Taken from Ann's popular phone course, this 5-CD set includes all the exercises and detailed explanations for how to use this powerful method.

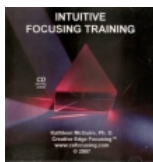
Product Code: **T-200**

**\$59.95**

**Learning the Steps of Focusing** by Eugene Gendlin, Ph.D. 4 CD set.

Product Code: **T-42**

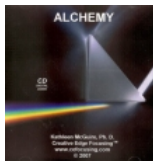
**\$39.95**



**Intuitive Focusing Training** with Kathleen McGuire, Ph.D. - 2 CD's. Through Relaxation and Felt Sensing exercises, CD One teaches the steps of Focusing: relax, go quietly inside, and “clear a space” for problem identification; find the “bodily felt sense,” or “intuitive feel,” of the chosen issue; go back and forth between left-brain symbolizing and right-brain “intuition”; experience a Paradigm Shift as the kaleidoscope turns, and new possibilities, behaviors, and solutions arise in an experiential “Aha!” CD Two includes two full-length sets of Complete Focusing Instructions. The exercises in sequence can be used to learn Focusing alone. They can also be used to teach a class or workshop.

Product Code: **T-110**

**\$24.95**



**Alchemy** with Kathleen McGuire, Ph.D. - 2 CD's. Dr. McGuire explains the use of Listening and Focusing as a kind of Soul-Making: finding your unique path to meaning, turning relationship conflict into gold, healing your Inner Child as you parent your own children, and building community. Included is a 20-minute session of Focusing Instructions.

Product Code: **T-120**

**\$24.95**

## Online or Phone Sessions for Focusing Training

### Focusing Training Sessions on the Phone or Online:

If you are interested in learning Focusing from a Certified Focusing Professional, we offer online or phone training sessions. These sessions are customized to help each person individually. One or several sessions will give you a beginning taste for Focusing.

Focusing is a skill that requires development over time, and acquires some of its shape and color according to the life and goals of the practitioner.

#### Introductory Focusing Training Sessions Package

We have found that three sessions, on average, allow most people to get a beginning sense of what the Focusing process is like. Three phone sessions (fifty minutes each) with a Certified Focusing Trainer.

Trainers are available for English, Dutch, German, Italian, Spanish or French sessions.

Product Code: **TS-3**

**\$220.00**

#### Focusing Training Session

Fifty minute phone session with a Certified Focusing Trainer.

Trainers are available for English, Dutch, German, Italian, Spanish or French sessions.

Product Code: **TS-2**

**\$85.00**

#### Introductory Focusing Training Session

You can try out one introductory session first. Fifty minute phone session with a Certified Focusing Trainer. Special price for Introductory session!

*Only one introductory session can be ordered. For subsequent sessions you must order the Focusing Training Session (See Product Code TS-2 above).*

Trainers are available for English, Dutch, German, Italian, Spanish or French sessions.

Product Code: **TS-1**

**\$60.00**