



Focusing in Ireland

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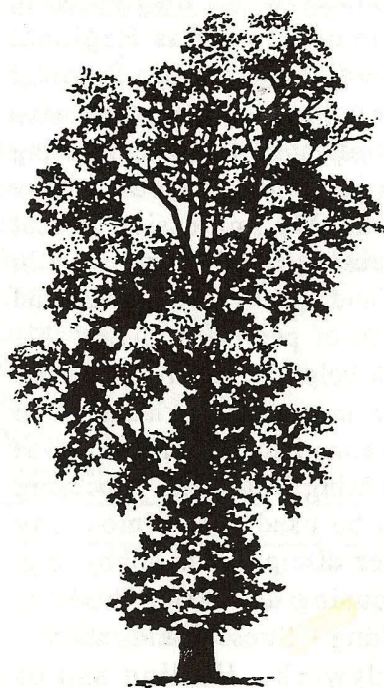
Dear Friends,

Welcome to the first Newsletter of 1997. We take this opportunity to wish each of our readers a very happy new year.

Many thanks for your responses and the subscriptions received thus far. We hope that many more people will contribute as the Newsletter grows and expands its own horizons. Our apologies for some printing errors in the August issue; they arose from an unforeseen postal strike in Northern Ireland.

We continue to invite advertisements for workshops, seminars, etc., but **from now on a fee of five pounds per ad.** will be required before printing. We hope that this will aid our efforts to make the Newsletter financially viable. Cheques may be made payable **The Focusing Newsletter at 31 Gordon Street, Ringsend, Dublin 4.**

We wish to offer our congratulations to **Anne Kelly, Kathleen Kavanagh and Frances Hurley** who have been appointed Certifying



Coordinators by the **Focusing Institute in New York.** This implies that they can now certify people once the required training has been done, which in turn, means that traveling to New York for certification is no longer obligatory. However, a fee of five hundred dollars, payable to Eugene Gendlin is also stipulated as part of the procedure.

Plans are afoot as we write, for a Weeklong Training Workshop in late spring or summer at which

some people will receive the first ever Certificates in Ireland. This is being organised by Anne Kelly and Kathleen Kavanagh. Places will be limited and priority given to those who are ready for Certification. However anyone who wishes may apply.

In this present letter we have two main topics. One of the pioneers of Focusing in Ireland, Anne Kelly offers a resume of her involvements since she first met with Focusing in Cork.

Anne Madigan gives her account of attending a Weeklong in Chicago last summer when she received Certification as a Trainer.

In future we intend to offer you a wider variety of contributions. We hope that these will include a wider diversity of sources. We invite you to contribute to the Newsletter. The committee reserve the right to edit articles.

Yours sincerely,

Ann Lynch,
Margot O'Donovan,
Phil Kelly.

Inside This Issue

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A FOCUSING JOURNEY

I first heard of Focusing through a workshop given in 1990 in the Dominican Retreat Centre at Montenotte in Co. Cork. Immediately afterwards I wrote to Eugene Gendlin at the University of Chicago and received a Calendar of events from The Focusing Institute. I had made a tape recording of the "steps" and used them to self guide my own focusing sessions until the summer of 1991 when I attended my first International Weeklong on Focusing and Dreamwork. The following summer I attended a four week summer school session and achieved Certification as a Teacher of Focusing. I immediately began to use Focusing and Dreamwork in my teaching career and I also taught individuals and small groups. With Kathleen Kavanagh and Greg Madison I established The Irish Focusing Centre and ran a Changes group which resulted in the workshops given in Dublin by the Director of The Focusing Institute, Dr. Mary Maguire and by her colleague, Mary McDonnell. These workshops were very successful and during the following years no fewer than ten people travelled to the States for certification. Meantime, Frances Hurley and I had offered to have our names listed as Contacts for The Focusing Institute in Ireland. Other teams set up centres and workshops following Bio-Spiritual Focusing and this led to an excellent workshop given

by Ed. McMahon and Peter Campbell. Both men are returning to Ireland for a spring workshop in 1997. (See advertisement section). Several members of The Irish Focusing Community act as Regional Coordinators for Bio-Spiritual Focusing; some are also Coordinators for The Focusing Institute now based in New York. My impression is that Focusing is alive and well in Ireland thanks to the dedicated work of people who find this skill helpful in their daily lives. The newsletter was launched in response to enquiries about Focusing in Ireland. Focusing can be used with almost any other discipline or hobby, e.g. Focusing and Art - Creative writing - Stress Management - Bodywork - Healing and of course Dreamwork. Books on the subject are available from Cathedral Bookshop in Dublin or direct from The Focusing Institute or the Bio-Spiritual Centre.

Many of my colleagues listed in this newsletter offer courses, retreats, workshops and personal sessions. We are also working on a programme for certification for those who wish to develop advanced skills in focusing. The new address of the Irish Focusing Centre is: 68 Old Bawn Road, Dublin 24. Tel: (01) 4513207.

I hope that Focusing enriches and heals your life. You may

Anne Kelly.

CHICAGO EXPERIENCE

It was a hot bright July morning in Chicago as Marie Teefy, Frances Hurley and myself stepped from our hotel on our way to our first Interactive Focusing Workshop. Marie and I were so excited. Our first visit to America and we were here for **Certification in Focusing**. The elevated train thundered overhead as we crossed the street, the noise, hustle and bustle, strange accents and magnificent buildings. We were, after all among the architectural Gems of America, we longed to explore but Focusing was first, and a gathering of more interesting people it would be hard to find. We were made welcome and after a cool drink and chat we were introduced to a way of communication that was so uplifting and exciting that we wished everyone could do it.

Interactive Focusing

is a model that has evolved over many years. Two people sharing from the felt sense, processing what they hear and reaching an empathic moment leading to a **gifted experience**. The two days flew by quickly. Then 3 days free to explore Chicago, the shopping malls you'd dream about. A city tour that included a boat trip on the river and on to Lake Michigan. A visit to the 2nd highest building in the world, the Hancock tower. Sitting in the viewing restaurant at the top, **96 floors to be exact**.



FORTHCOMING WORKSHOPS AND COURSES

Chicago Experience Cont.

Airplanes flying over, cast shadows as we dined. Soon it was time to pack for Des Plaines and the Caperine Centre for our week-long but not before we experienced the Mother of all thunder storms and rain, reminding one of Noah and his Ark. It brought, however, a welcome week of cool weather that added to our enjoyment of Caperine house. A bower of peace with extensive gardens and mountains located in the suburbs of Chicago.

Janet Klien and Mary Maguire presided over the Week-long. The group included participants from America, Canada and from Holland. Among the topics covered were: Focusing and Art, Focusing and massage. It was exciting to hear Hugh and Marie from Canada explaining their plans to put Focusing on C.D. for computer programming.

Saturday we had a day with *Eugene Gendlin*, he facilitated a Dream Workshop.

For me the entire 10 days were a Dream Come True.

Ann Madigan

9th Annual International Focusing Conference

The above will take place in Germany: May 22nd - 26th 1997 in Pforzheim. Details can be obtained from the following address;
9th International Focusing Conference,
Organization 1997,
Schillerstr, 89,
Postfach 1109-D-76352
Weingarten (Baden),
Germany.

Newsflash

Focusing Companions / Changes Groups

If you would like to be part of a small informal group which meets regularly to practice Focusing and Listening skills, please contact **Irish Focusing Centre**, Tel; 051 222 227. We will put you in touch with others in your area. Each new group will be helped initially to set up and develop a format by a Certified Trainer, who will retain a friendly interest in the group and provide support when needed. Existing groups have found this a terrific way to bring Focusing into their daily lives and a way to develop their Focusing Skills.