

Hallmarks of Focusing–Oriented Therapy  
By Joan Klagsbrun and Neil Friedman 3/11/06

- 1) There is attention to inner experiencing i.e. the flow of felt meaning as it is now experienced. The therapist pays attention to and invites the client to sense into and sit with present feelings, images, body sensation, and metaphors as they emerge--- as opposed to more cognitively-oriented speech, such as stories about events or other people; conceptual analyses; and reports about the past.
- 2) The therapist is likely to respond to whatever emerges (with the exception of the inner critic) with empathic listening and responding
- 3) The therapist is likely to “privilege” the unclear and fuzzy felt senses, as well as felt meanings and feelings and respond to each with either listening or focusing invitations.
- 4) The therapist consults her/his own felt sense and lets it help bring the client’s attention to shifts and steps of change that have happened in the client, or in the room between client and therapist.
- 5) The therapist engenders a welcoming attitude towards all manner of feelings and attempts to engage the client in being friendly or at least accepting to all the parts of themselves that show up

- 6) The therapist notices the appearance of the inner critic and attempts to help the client deal more effectively with it—either in getting some distance from it, or hearing from what is underneath it.
- 7) The therapist holds the belief that there is a forward life movement within each client, and looks for examples of it in the therapy.