

## **Harnessing the Power of the Therapy Relationship:**

FUNDAMENTALS OF FOCUSING-ORIENTED RELATIONAL PSYCHOTHERAPY TELECLASS

With Lynn Preston MA, MS, LP

Hosted by

Atsmaout Perlstein and Bilha Frolinger

The transformational power of psychotherapy is in its unique relational possibilities. We humans ARE our relating. An attuned therapeutic relationship can be a new beginning, bring us new life. How can we as therapists harness the growth potential of healing connectedness? How can we, as Gendlin puts it, "BE the kind of interaction that will make the person better?"

In this introductory phone class we will explore the two inseparable sides of therapy: the embodied introspection of focusing and the life flow of therapeutic relating.

We want this class to not only be an exploration of powerful theoretical focusing principles and skills, but also an experience of lively group discussion, focusing opportunities, videos and case examples.

4 Weekly Sessions, *Beginning March 9, 2015*

Mondays from 2:00pm -3:30pm

(The first hour will be a talk and discussion in English with Lynn Preston. The last half hour will be focusing and discussion with Atsmaout and Bilha in Hebrew.)

Fee: \$20

### **Week 1: UNDER THE SURFACE - MORE THAN WORDS**

What is most important in therapy is not the content—what we are talking about—but the implicit relational dance that we are living together.

### **Week 2: MAKING A RELATIONSHIP WITH "THE ONE IN THERE"**

It is not enough to try to help our clients to make better relationships with themselves. WE have to make a relationship with the inner selves of the client. How do we hear the voices of the hidden, silenced, shut down or embattled selves?

### **Week 3: THE QUALITIES OF HEALING INTERACTION**

Gendlin says that our primary job as psychotherapists is to be the kind of interaction that will make the person better. We will explore the essential ingredients of a focusing-oriented therapy relationship and also bring in ideas from relational self psychology, intersubjectivity theory and attachment concepts.

### **Week 4: CARRYING THE STUCK RELATIONSHIP FORWARD**

How can focusing help us with ruptures, conflicts, traumatic interactions and therapeutic stagnation?