

# Focusing Exercise: CAMFT Networking Session

Oct 14, 2020

## Instructions for Everyone

You have been randomly assigned to a group with 4 people. Please follow these steps.

1. Introduce yourself and share something about your background and professional interests, to network with your peers (4 min).
2. Select one person to play the client and another to play the therapist. The other two persons will be observers (1 min).
3. The client and therapist should follow the instructions below (8-10 min).

When the time is up, you will automatically return to the main session.

**Note:** After the session, please do not discuss its content with anyone. We can discuss the process, but not the content.

## Instructions for Client

Consider a problem or situation about which you are in conflict. Choose an issue that's not too personal or sensitive, so you're comfortable talking about it with the group.

Describe the two sides of the problem: "*On the one hand...but on the other hand.*" Notice how your body feels in relationship to each side of the conflict, and the situation as a whole.

Follow the prompts from the therapist. Pay attention to sensations in your body and report on what you're experiencing, as the therapist guides you. Try to connect with your felt sense, and be guided by it.

Toward the end, try to sense a small step a you can take to help resolve the conflict.

## Instructions for Therapist

Start by asking: "*Are you sitting comfortably?*" Stay attuned to sensations in your own body as the client starts to talk.

You can ask, "*Is there a problem or situation that you'd like to explore?*" Then guide the client through the steps in the Focusing process. Try to spend 1-2 minutes on each step, while staying with the natural flow of the client's experience.

Here are some prompts you can follow, or describe in your own words.

1. **Clear a space** - *“Relax and sit comfortably. Close your eyes if you want to. Notice any tension in your body and adjust your position, if required, to be as relaxed as possible.”*
2. **Access the felt sense** - *“Place your attention inwards, and notice how your body feels in relationship to the situation, not any specific detail or aspect of it but ALL of the situation as a whole. Then notice one or the other side of the situation, and how your body feels in relationship to either side..”*
3. **Find a Handle** - *“Notice any physical sensations you feel in the center of your body, as you keep the situation in mind. This can be warmth, coolness, tingling, tightness, butterflies in the stomach, etc. Is there a word or image that best describes the sensation?”*
4. **Resonate** - *“Go back and forth a few times between the sensation and the word/image you chose to make sure it’s accurate. If the sensation changes and/or another word/image fits better, describe that.”*
5. **Ask a Question** - *“In your mind, ask yourself an open-ended question such as:*
  - *Where is this sensation coming from?*
  - *Have I felt like this before?*
  - *What is it trying to tell me?*
  - *What would make it feel better?”*
6. **Receive** - *“Notice what comes in return. This might be a thought, feeling, image, memory, etc. It might take 30-60 seconds. If nothing comes, that’s fine too. Try to get a sense of a small step you can take toward resolving the conflict.”*

At the end, ask if this is a good time to move toward a comfortable stopping place.

## Feedback

Any comments or questions after the session are welcome.

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