

Origins of Focusing:

Focusing is a research based awareness method for emotional healing, developed by the philosopher Eugene Gendlin at the University of Chicago in the 1960s. Gendlin, along with humanistic psychologist Carl Rogers, designed his research to discover the reasons some therapy clients improved while others did not. He found that the answer lay with the client rather than the therapist, and that the clients who improved were able to naturally access a fresh bodily sense of their situation which enabled shifts in the present moment. Gendlin articulated the process he observed in these clients into steps that could be systematized and followed by anyone, inside or outside of therapy. He named this technique Focusing.

Ann Weiser Cornell studied with Gendlin and went on to pioneer Inner Relationship Focusing, which builds on and expands Gendlin's model to emphasize and facilitate the inner relationship of deep listening and empathy between the Focuser and the places or parts they make contact with and relate to during a session.

Useful links:

[Focusing by Eugene T. Gendlin](#)

[Radical Acceptance of Everything by Ann Weiser Cornell](#)

[The International Focusing Institute](#)