

**Inner Relationship Focusing Program
Certification Project
Distant Process Focusers**

By

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And

my mentors, **Gina Cenciose** and **Ann Weiser Cornell**,
for whom I am so grateful to witness and
experience the impact of their precious teaching and guidance.

And

my Focusing Companions and the Research Participants
as well as the interviewed Inner Relationship Focusing Practitioners

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As a token of my gratitude, I would like to sing a song for all of you, written by Andrew Lawrence that I heartfully enjoy. You can find the melody at <https://www.riseupandsing.org/songs/god-danced-day-you-were-born>

God danced the day you were born
The angels did the bump to Gabriel's horn
God danced the day you were born
So, grateful for the gift of you
I saw God do the funky chicken
Steppin' and kickin' in blue suede shoes
I saw God do the boogaloo, too
Faced with the gift of you.
I have heard some folks say that long ago
God could not dance to save her soul,
But people, I've seen her shake that jelly roll
Just thinking 'bout the gift of you!

Summary

As part of the Inner Relationship Focusing Program (IRF), all focusing certification candidates are asked to submit a project to deepen their understanding of IRF. I chose to deepen my understanding of the Focusing Process compelled by the idea of supporting Distant Process Focusers, Companions and Guides.

Why?

At some point during the certification program, I realized, because of Gina Cenciose's feedback during one of my focusing sessions, that I could have done focusing for years before noticing that I was identified with something distancing and controlling my focusing process. In other words, I could have remained at a superficial level of connection with my inner world and not reap the transformative benefits of the focusing process.

The main objective of the project is to explore the characteristics of distancing process and find the language and the gateways that can allow Distant Process focusers to be with felt senses and taste the gifts of life forward movements.

How?

The project timeline was divided into 5 phases:

- Phase 1 - Requesting Volunteers and Sending out the Questionnaire

The Questionnaire was sent to 110 participants, all enrolled in the year long focusing program. Forty of them filled it out (see Annex 1 - Email to Year Long Focusing Program Participants and Annex 2 - The Focusing Process Questionnaire, for details).

- Phase 2 - A 30-45 min Interview of Potential Distant Process Focusers

Sixteen Potential Distant Process focusers were interviewed (see Annex 4 - The Interview of Distant or Potential Distant Process Focusers, for details).

- Phase 3 - A 45 min Guided Focusing Session followed by a 15-min exchange on Feedback and Tips

Thirteen interviews with Potential Distant Process focusers were conducted based on a protocol which included some IRF premises and other elements (e.g. specific invitations, specific lead in) that have helped me as a Distant Process focuser to find and be with felt senses (see Annex 5 - Protocol for the Guided Focusing Session and Annex 6 - Post Guided Focusing Session Questions and Feedback, for details).

- Phase 4 - Follow up with Guided Distant Process Focusers after at least 3 months

Six of the confirmed Distant Process focusers were interviewed and guided for a second time (see Annex 7 - Follow Up on Distant Process Focusers - Interview Questionnaire, for details).

- Phase 5 - Interview with Focusing Practitioners

Five focusing practitioners were interviewed having from 6 to 30 years of experience in guiding (see Annex 9 - The Interview of Inner Relationship Focusing Practitioners, for details).

The Questionnaire totalling 32 questions, was built to discriminate between Distant and Close Process focusers. Over the 40 participants:

- 16 of them (40%) demonstrated a typical Distant Process (either having often or very often fuzzy images; an impression of veils or clouds separating them from their parts; scattered thoughts; subtle emotions or physical sensations; not feeling the emotions or being overwhelmed by them; an impression of feeling like a neutral observer; navigating through their process at a slow rhythm and verbalizing their inner journey with a low and monotone of voice (see Annex 3 - The Typical Answers of Distant Process Focusers, for details));
- 10 of them (25%) demonstrated a typical Close Process (either having often or very often sharp images; strong emotions and physical sensations; feeling overwhelmed; navigating their inner process with a fast rhythm and verbalizing their inner journey with a modulated tone of voice and frequent body movements);
- 7 of them (17,5%) seemed to have neither a Distant nor a Close Process: they seemed to have a Mid Process – not distancing, not overwhelmed;
- The remaining 7 participants (17,5%) were classified as Potential Distant Process focusers because they responded "Sometimes" so often in either direction that it was difficult to distinguish their type of Focusing Process.

I also realized that some answers depended heavily on the participant's focusing and presence practices (length of sessions, duration through time, frequency, quantity of partnerships...): especially for questions pertaining to the quality of their relationship with parts (e.g. questions 14 and 15); to the perception of *Felt senses* (question 18); and to the impacts of their focusing practice in their everyday life (questions 26 and 27).

The Interview and the Guided sessions confirmed, as hoped, the discriminate effectiveness of the Questionnaire. However, if I had a chance to improve it, I would clarify the meaning of some words by adding some definitions to ensure more clarity and I would use a numerical scale for some questions to increase the range of precision in the answers received.

The combined methods of interview, questionnaire and guided session enabled more accurate understanding of participants' processes. A participant initially classified as a Potential Distant Process focuser by the Questionnaire was recognized as a Distant Process focuser after her/ his interview. Another participant classified as Potential Distant Process focuser after her/ his interview, was recognized as a Distant Process focuser after her/ his guided session.

To illustrate the lessons learned and the insights gained during the guided sessions, I included some focusing excerpts. I also included some excerpts of a participant's second guided session to underline that some important transformations can take place even after 3 months of using the personalized proposed focusing tips/invitations.

The following table presents some of the proposed most helpful tips/invitations to support Distant Process focusers. Annex 8 details all the tips/invitations for each of the 4 stages of IRF as well as tips/ invitations before and after focusing sessions.

Tips

Setting the intention and Paying attention
Doing partnerships / Having companions
Setting a pre-focusing agreement with your companions
Inviting a particular situation
Leading in physically by drumming/dancing/ movements according to the situation...
Speaking at loud
Describing more fully what is there, using warm words
Feeling the body and the feet on the ground
Touching yourself / being touched by your companion
Inferring what might be there
Identified language and posture/ movements
Presence and bodily practices

Invitations

Take all the time needed...
Take all the space needed...
There might be something there observing ...hiding ...
It might be worried... afraid...
Maybe there is something having a preference for...
While ...
We ...
Maybe there is one last important thing that the system would like to share ...

To increase my perspective on the Distant Process, five experienced focusing practitioners were interviewed; having from 6 to 30 years of guiding experience. They shared some of their most helpful tips /invitations which were included in Annex 8 and accompanied by an asterisk (*). Their input also confirmed my assumptions:

- 1) Distant Process focusers seem to need more time before deepening their relationships with their parts compared to Close Process focusers - up to double the length of time;
- 2) Distant Process focusers are more prone to quit focusing compared to Close Process focusers and;
- 3) Distant Process focusers can become less distant over time and seem to stabilize in a process that is nor Distant nor Close.

Throughout this research, I personally came to the conclusion that focusing processes vary depending on people's level of presence as well as on their frequency of focusing practice; and on the different types of layers and partial selves they encountered since the beginning of their focusing journey. It is like a dynamic spiral of lemniscates (or infinity (∞)): the more you walk the focusing path, the more you discover each inches, layers, and curves that bring their own unique challenges and gifts. Indeed, focusing is not only about trauma and pain, it is also about dreams, joy, gratitude, and

magic. Focusing is a way to come back home; a home full of mysteries and beauty. For me, the journey towards home was long. I went from feeling almost nothing of my inner world to developing awareness and deep love for my partial selves.

This project is a way of giving back to the focusing community. It is an opportunity for me to support my fellow focusers on their journey as others have supported me in mine. I hope you gain insights and tools to continue on and enrich your focusing journey.

1. Background

I was introduced to Inner Relationship Focusing (IRF) while learning Non-Violent Communication (NVC) during an introductory workshop in 2013 taught by Gina Cenciose. During this introductory workshop, I understood right away that I was trying to offer empathy while not being fully present to my inner world. I started to engage in IRF with a one-year program in 2013. I liked it so much that I enrolled in the IRF Certification Program in 2014 to eventually teach IRF and share its benefits with others.

During one week-end of the year-long program, Gina Cenciose was passing by while I was focusing with a companion and offered as a feedback: “*There is something controlling your focusing process.*”.

I was astonished, almost in shock, at the idea that this could be true. I was using and responding well to every invitation, noticing some *felt senses* and bodily sensations. I thought at that time, “If I’m identified with a controlling part, it is really good at pretending it is *Presence*”. I was lost. I had been focusing with companions for almost a year now and I was confident in my process and in the level of my presence. I freaked out for a couple of weeks, wondering:

- *How can I know who is leading my process while I am focusing?*
- *How can I welcome these parts if I can not hear, see or feel them?*

During this period of dismay and self doubt. I became conscious of every little detail in my solo focusing sessions and I realized that my process was a typical “Distant Process”. As a typical Distant Process focuser, I had parts that were actively distancing my feelings either before or as they arose. I was conscious of every thought, feeling and bodily sensation, but it felt like I was a storyteller disengaged from the story. It was like looking inside a home through the window; an outsider not really in contact with his inside life.

I could have done focusing for years before noticing that I was identified with something distancing and controlling the focusing process. I could have stayed at a superficial level of relationship with my inner world and even been discouraged and stopped practicing focusing after a while. Gina Cenciose’s feedback was a turning point in my life. It was not easy to hear. I would even say it felt like part of my belief system came crashing down. All my focusing certitudes were gone. Yet, I know that Gina was confident in my capacity to hold space for this stepping stone in awareness. This opportunity to acknowledge my Distant Process focusing patterns has been a gift, an opening towards a richer more fulfilling connexion with my inner world. This project is a tribute to this gained awareness and aims to support other Distant Process focusers in their journey towards all encompassing inner love.

2. Objectives and Outcomes

As I mentioned earlier, this project arises from the awareness of having been merged/identified with inner parts controlling my focusing process for about a year without noticing it myself or having it be noticed by my focusing partners. As a companion and focuser, at that time, I was mostly involved with Close Process focusers. This revelation raised certain questions:

- *How could I have supported myself to notice it?*
- *How could I have supported my partners to better support my process?*

I started searching for information on Distant Process focusers. I found some basic information in the literature, from a time when Focusing was considered an experimental method, describing and giving some cues to help Distant Process focusers (Hinterkopf, 1998). Since, the definition of Distant Process has changed over time — from *Too Distant* (Leijssen, 1998, p. 135) to *Exiled state* (Purton, 2004, p. 90) — let me share with you Ann Weiser Cornell's definitions of Distant and Close Process focuser so that we can be on common ground.

Distant Process (out of touch): *People who feel "too little", who have trouble feeling in the body, who may intellectualize or doubt the process. In general, a person in Distant process needs help finding "something". i.e., a felt sense (Cornell, The Focusing Teacher's Manual, 2008, p. 85). "They need to come closer and might find their felt senses too vague to be helped by acknowledging, and needing simply to be described and stayed with" (Cornell, The Radical Acceptance of Everything - Living a Focusing Life, 2005, pp. 208-209).*

Close Process (overwhelmed): *People who feel "too much", who may be very emotional or easily overwhelmed or fear their own emotional experience". In general, a person in Close Process needs help finding presence" (Cornell, The Focusing Teacher's Manual, 2008, p. 85).*

Ann Weiser Cornell also suggests a number of causes leading to Distant Process (Cornell, The Focusing Teacher's Manual, 2008, p. 95):

1. Being unfamiliar with body feeling;
2. Having an inner experience but not "counting" it;
3. Identifying with a part that doesn't want to feel anything, which is often connected with feeling unsafe in the session;

I would add to these 3 potential causes, another one based on my own process as a Distant Process focuser:

4. Identifying with a tangle of parts that does not want you to access feelings because it believes you will not survive if you are fully in contact with them.

Ann Weiser Cornell also describes some of the difficulties Distant Process focusers may experience during their sessions (Cornell, The Focusing Teacher's Manual, 2008, pp. 96-100, 127, 142-150):

- Feeling nothing or feeling something faint, vague, or subtle;
- Experiencing something as hopping around or popping up;
- Experiencing something as shy or hiding;

- Experiencing something as in the way or resisting;
- Experiencing something as disappearing;
- Experiencing something cold, hard, blocking.

I designed this project with the following objectives:

- Support the Distant Process focusers in their solo focusing;
- Support the companions and guides of Distant Process focusers.

I knew what supportive elements helped me while I was focusing alone or with companions. I wanted to explore their impacts on other Distant Process focusers while guiding them. I was also curious to interview them, and IRF practitioners as well, to find out about their own experience and what had been useful to them for deepening their inner relationships. At the end of this report, I will present some supporting practices in between focusing sessions as well as supporting elements for each of the 4 stages of the IRF process:

- Lead in (or coming in) stage;
- Contacting stage;
- Deepening stage;
- Lead out (or coming out) stage.

The project design is presented in the following section (Section 3) in order to give you the overall picture. Section 4 presents the Questionnaire's purpose as well as some proposed changes in the wording and format of certain questions that could allow for greater clarity in the harvest. The Questionnaire's itself is attached in Annex 2. Annex 3 shows examples of how a typical Distant Process focuser can respond to these questions. In section 5 you can read the Interview objectives and its impacts as well as some proposed improvements. To understand how the Interviews were designed, consult Annex 4. Section 6 of the report explains the goals of the 45-min guided focusing sessions with the participants. Annex 5 informs you about the protocol that was followed during the guided sessions. It includes the premises on which IRF is based and some elements that have been very supportive for me as a Distant Process focuser. In Section 7, entitled "*Lessons learned / Insights from the Guided Focusing Sessions*", you may be interested in reading excerpts from Distant Process focusers (participant A, B and C) guided focusing sessions. After their guided session, each participant received personalized feedback and follow up interview which allowed us to compare their guided session to their usual focusing sessions. You might be curious to read the post guided session questions which are detailed in Annex 6. Some of these confirmed Distant Process focusers were interviewed and guided a second time, at least 3 months after their first session. Section 8 describes the follow up done with them while Annex 7 gives you the details on of the questions asked before the second guided session. In Section 9, you will find the excerpt of participant C's second guided session and discover some important changes.

Based on my own experience and all the insights gained during the interviews and guided sessions, I propose in Annex 8 some of the most useful tips and invitations to support Distant Process focusers. This section might be the most interesting for Distant Process focusers, companions and guides. In addition to these proposals, five experienced focusing practitioners were also interviewed. Their comments are presented in Section 10. Finally, you will find the conclusion as well as some open-ended reflections in Section 11. Note that for added clarity, all the **proposed changes pertaining to any section are colored in brown**.

Are you ready...to dive into Distant Process focusers perspectives and inner worlds?

3. Overall Design

The main purpose of the project is to better understand the inner systems of Distant Process focusers and explore different elements that can better support their process.

The timeline of the project was divided into 5 phases:

- Phase 1 - Request for participants and send out the Questionnaire;
- Phase 2 - A 30-45 min Interview of the participants of Potential Distant Process Focusers;
- Phase 3 - A 45 min Guided Focusing Session followed by a 15-min Tips/Feedback period;
- Phase 4 - Follow up with Guided Distant Process Focusers after at least 3 months;
- Phase 5 - Interview of Focusing Practitioners.

The next paragraphs detail each phase and present some results as well.

4. The Questionnaire and its Impacts

After developing and validating the Questionnaire with few focusing friends during the spring of 2015, I needed volunteers. Therefore, in May 2015 and 2016, I sent out emails to Gina Cenciose's first and second year long focusing program participants requesting volunteers. Ann Weiser Cornell kindly sent an email to her own IRF certification candidates on May 21, 2015. The emails contained a description of my project as well as its implications (scheduled follow ups, confidentiality policy) as well as a copy of the Questionnaire in attachment (see Annex 1, for the content of the email).

A total of 110 focusers were invited to participate in the project. Out of these, 40 people filled out the Questionnaire (36%).

I built the Questionnaire based on my own experience as a focuser and a companion. The final version, built to discriminate between Distant and Close Process focusers, included 32 questions (see Annex 2, for the content of the Questionnaire).

- 4 contextual questions inquiring, for example, about their focusing practice (length of session, frequency, duration in time, ...);
- 21 questions inquiring about their typical focusing sessions relative to each IRF stage (lead in, contacting, deepening, and lead out);
- 5 questions inquiring about the impact of their focusing practice in their lives;
- 2 questions intended to schedule a potential Interview.

I used numerical and qualitative scales questions as well as binary questions to determine participants' type of process.

For the contextual questions 2,3,4,9 and 28, I used a numerical scale.

4) What is the average length of your sessions?

- Solo focusing: 20 min 30 min 45 min more than 45 min
- With 1 partner (dyad): 20 min 30 min 45 min more than 45 min
- With 2 partners (triad): 20 min 30 min 45 min more than 45 min

The participants responded clearly to this type of scale.

For the typical focusing session questions 6 to 8, 10 and 11 to 25, I used a qualitative scale.

6) What kinds of lead in do you do?

- Rooting with a body scan: Never Sometimes Often Very often
- Exercise (e.g. running, dancing ...): Never Sometimes Often Very often
- Art (e.g. singing, drumming...): Never Sometimes Often Very often
- The work (i.e. Byron Katie): Never Sometimes Often Very often
- Judgments (i.e. Jackaling): Never Sometimes Often Very often
- Other (please specify) or comment to add precision to your answer

For the questions pertaining to the impact of their focusing practice in their lives (questions 26 to 30), I used binary questions.

26) Since you are focusing, is there any change in the process itself or in your habits or behaviors, or any movement or progression? Yes Not really

- Other (please specify) or comment to add precision to your answer

For some questions, as you can see above with question 6 and 26, I also added a *“Please specify”* section:

- those regarding what comes up during the sessions (images, words, symbols, fogs, clouds, jumping from one thing to another – questions 8, 10 and 16);
- what was the overall impression of their focusing practice (progression, changes in life – questions 26 and 27) and
- additional questions such as other presence practice or difference between solo and partnership focusing (questions 28, 29 and 30).

Although I had tested the Questionnaire by submitting it to 2 focusing friends before my final edits, the ways in which participants answered made me realize that some improvements could be made:

First, I received clarification questions pertaining to the meaning of some words, such as “Withholding” used in question 8 and “Black out” used in question 16.

Therefore, if I had to redo the Questionnaire, I would define some words in an annotation, for example

* **Black out:** Similar to having the impression that your brain has been unplugged.

Second, in some cases, the way the participant answered made it more difficult or not possible to distinguish the main pattern, like the following answer to question 6.

6) What kinds of lead in do you do?

- Rooting with a body scan: Never Sometimes Often Very often
- Exercise (e.g. running, dancing ...): Never Sometimes Often Very often
- Art (e.g. singing, drumming...): Never Sometimes Often Very often
- The work (i.e. Byron Katie): Never Sometimes Often Very often
- Judgments (i.e. Jackaling): Never Sometimes Often Very often
- Other (please specify) or comment to add precision to your answer

Therefore, if I had to redo the questionnaire, I would use a numerical scale and Question 6 would look like:

6) What kinds of lead in do you do? (the sum of all the possibilities must equal 100% *)

- Body scan with rooting:
- Exercise (e.g. running, dancing ...):
- Art (e.g. singing, drumming...):
- The work (i.e. Byron Katie):
- Judgments (i.e. Jackaling):
- Other

%	Precision, comment, specification
50	See tree roots, a mountain
30	Running and dancing
20	Drawing
0	
0	
0	

* For example, during the last week, or month, on 10 focusing sessions, you estimate that you did a lead in with a body scan for 5 out of them, 3 were started with an exercise and 2 started with a drawing.

Using a numerical scale as proposed would have given more clarity and possibilities of reporting.

Third, for some binary questions some participants did not comment specifically on the meaning of their “Yes” or “No”. In other instances, some participants gave an elaborated answer in the “Please specify” section that was unclear to me.

I therefore took note of all the unclear answers and asked specific questions during the Interviews to gain clarity.

Fourth, I realized that some questions were more useful in distinguishing between a Distant or a Close Process: such as questions 8, 11, 16, 18, 20, 21 and 24.

I also noticed that some answers depended on the focusing and presence practices (length, duration, frequency, partnerships) as it is an evolving process: especially for questions related to the relationship with parts such as questions 14 and 15; related to the *Felt sense* (question 18); and those related to the impacts in life of focusing practice (questions 26 and 27).

The Questionnaire was able to distinguish between a Distant Process focuser and a Close Process focuser. However, it also appeared that the Questionnaire had a discriminant effectiveness as some answers were clearly more typical of Distant and Close processes. In some cases, the answers made it difficult to clearly distinguish if they were Distant Process focuser. Therefore, there were 4 categories:

- 1) Typically, based on the questionnaire, **Distant Process** focuser often or very often have fuzzy images; veils or clouds; scattered thoughts; subtle emotions or physical sensations; not feeling the emotions or being overwhelmed; feeling like a neutral observer; with a slow rhythm, low and monotone of voice (see Annex 3, for the typical answers of a Distant Process focuser). Out of the 40 Questionnaires filled out, 16 of them or 40% had these typical answers.
- 2) Typically, based on the questionnaire, **Close Process** focuser looked like having often or very often sharp images; strong emotions and physical sensations; feeling overwhelmed; with a fast rhythm and modulated tone of voice; and body movements. None of the typical close process focusers were interviewed. Out of the 40 Questionnaires filled out, 10 of them or 25% had these typical answers.
- 3) Typically, based on the questionnaire, the **Mid Process** focuser looked like having a little bit of everything: often or very often images and words; sometime subtle and/or strong emotions and/or physical sensations; sometime feeling distant or overwhelmed; with a fast or a slow rhythm and monotone or modulated tone of voice. Out of the 40 Questionnaires filled out, 7 of them or 17,5% had these in between answers.
- 4) For the others 7 (or 17,5%), their answers were not so typical of a Distant Process focuser. Therefore, some of them, called **Potential Distant Process** focusers looked like having images or words; with often or very often veils, or white or clouds; sometime strong emotions and physical sensations; with a slow rhythm and monotone voice and often feeling like a neutral observer.

For those last categories, **Mid Process** and **Potential Distant Process focusers** the Interview was needed to further clarify their focusing process.

5. The Interview and its Impacts

The interview was needed to clarify some aspects of the participant answers in order to extract the participant preferences or what the participant was doing the most when it was unclear (as discussed above) or to clarify their focusing process.

However, the Interview was primarily designed for the Distant Process focusers to ensure a more personalized approach for their guided focusing sessions (see Annex 4, for the content of the Interview). More questions were asked to have a history of their focusing practice for choosing different types of lead in and invitations based on both the Questionnaire and the Interview results; such as:

- the major steps in their practice,
- what helped or not,
- their relationship with the distancing part(s).

All these elements were asked to further categorize their focusing process with the guided focusing session and see also the discriminant effectiveness of the Questionnaire. For the Interview, I had

preferences to do it in person with the participant. However, I did some interviews over the phone, if there was a possibility to follow up with an in person guided focusing session.

Based on the Questionnaire results, out of the 40 participants who filled out the Questionnaire, I interviewed 16 participants: 11 out of the 16 typical Distant Process focusers; 4 out of 7 Potential Distant Process focusers and 1 out of the 7 Mid Process focusers.

With the interview, I gained clarity on some Questionnaire's answers. During the Interview, for some of those Potential Distant focusers, using "Sometimes" meant up to 45% of the time and for "Often" it varied from 26 up to 65% of the time. Therefore, by asking direct question on their typical focusing session I was able to distinguish 1 more Distant Process focuser from the Potential Distant Process focusers. However, for the rest of the Potential Distant Process focusers, it was still not so evident as they were still saying sometimes "Yes" and sometimes "No". Therefore, for 2 of these 3 still Potential Distant Process focusers, I offered a guided session as I was able to guide them in person.

With the Questionnaire and the Interview, I was expecting to see if Distant Process focusers were more inclined or not to stop focusing than Close Process focusers. To do so, I used the Questionnaire question no 26 about changes in life since focusing and the Interview questions no 1 about their story as a focuser and no 6 about something more to share (e.g. mornings or celebrations).

However, if I had to redo the Interview, I would ask it more directly in adding the following 2 questions:

1) What brought you to focusing?

2) Since you started the focusing program, is there any period you stop focusing for a while? If so, for how long in terms of weeks, months? If so, what were your feeling about your focusing sessions at that time? The context/ reason for stopping were?

The proposed first question would help to measure the changes in life, sometimes even if people feel that there is no change it might also be because they do not remember where they were coming from.

6. The 45 min Guided Focusing Session and its Impacts

With the insights gained with the Interview, I tried out different types of lead in and some invitations that have been helpful to me in deepening my inner relationship in order to experiment with their impact on the quality of contact developed during a 45-minute guided focusing session (see Annex 5 for the details of the proposed protocol).

From those 16 participants Interviewed, I offered a guided focusing session to 13 of them. Ten classified as having a typical Distant Process based on the Questionnaire and the Interview. Two were still classified as Potential Distant Process focusers and one was still classified as having Mid Process after the Interview.

The guided session confirmed that all of those already classified by the Questionnaire and the Interview as Distant were having a Distant Process while guided (10 out of 10). The guided session also confirmed that one of the participants classified as of the Potential Distant Process was having a Distant Process (1 out of 2). The other participant classified as Potential Distant Process focuser was having a Mid Process while guided. The one participant classified as Mid Process was having a Mid Process while guided.

Therefore, the Interview and the guided session confirmed the discriminant power of the Questionnaire.

After the guided focusing session questions were asked to compare the process experienced during the guided focusing session to their usual focusing sessions. To compare their processes questions were asked such as their overall impression of the guided session, anything new or different, any awareness? (see Annex 6, for the details of the post guided focusing session questions). Feedback on the presence language, for example, and tips for each stage of the focusing session were also given to support their focusing practice.

During the post guided session Interview, almost all the participants said that they were amazed by the difference between their usual session and the guided one. They were more able to stay with and be curious so that they felt more contact with what was there.

The most common Feedback/ Tips I gave was about:

- Physical *Lead in*
- Talking at loud
- Invite more
- *Presence* has no preferences
- Tone and rhythm, who is there?
- Be your parts, let them talk and act through you
- Felt gratitude?

The most common comment afterwards was that the guided session has given them the willingness to do more focusing, as if it has stirred up their fire. They all said that a more physical *Lead in* made a difference from their point of view and that they will use it in their focusing sessions. They all appreciated the personalized feedback and the tips given. At the end of the Interview, almost all of them said that they were leaving with more confidence.

I said almost because one participant, Participant B, left with something sad, thinking that it was not successful / it did not work. However, you will see in the *Lessons Learned and Insights* section below that a shift happened within the hours after the guided session.

7. The Lessons Learned/ Insights from the Guided Focusing Sessions

To illustrate some of the lessons learned and insights gained during the guided focusing sessions, I would like to present the case of 3 participants.

For confidentiality purposes and convenience, I present excerpts of guided focusing sessions along with an overall context to introduce the participant. Also for your convenience, the dialogue is color coded: in **blue** when I am speaking, in **red** when the focuser is speaking.

7.1 Participant A: The first excerpt I would like to share concerns a person who had been doing solo focusing 1 or 2 times per month for about 20 min. The body scan was his way to *Lead in* the focusing session, and most of the time his starting invitation was *"I invite whatever wants to come up or What is there now"*. It is often more difficult, especially for a Distant Process focuser, to be with something when the invitation is vague or general. It is as if parts do not feel involved.

Therefore, I suggested that he choose a particular situation to work with. After a couple of minutes, the participant chose to invite an image that had come up often in the past days. An image of one of his grandparents surrounded by a black cloud.

Lead in: I suggested for the lead in that he walk fast or even run until he began to feel slightly breathless. The participant said that he preferred to do it sitting down. I thus suggested to do a sitting walk /run lead in at least for 5 min.

After couple of minutes, I observed that the participant was almost doing mechanical movements. I said: *"While you are with something in you showing you your grand-parent with a black cloud.... See if you can be with all what would like to come through your body ... with all that is there...like the body reflecting all the intensity that is there.."*. After a couple of seconds his sitting walk was closer to a sitting run.

After a few minutes at that faster rhythm, the participant was still silent. I said: *" See if you would like to let it know out loud that you are feeling all the intensity that is there and that it can take all the time it needs to share with you what is there..."*. Even, after this invitation of mine, the participant remained silent. I waited a little bit and said, *"While you are sitting there with something making you walk faster, there might be some physical sensations or maybe feelings... or thoughts ...or something else that is there as well..."*

Making Contact: The participant answered: *"There is a kind of Fog"*

Lessons learned/ insights: This fog or incapacity to express parts is really typical of a Distant Process focuser. At one point or another during the focusing session it often happened. First, there is a tendency to stay silent for some times. This silence is however empty, it is not like being with or accompanying something. It is more like the person is totally lost or immersed in something that does not have thoughts, feelings, or sensations: it might come in different ways as a fog, a void etc. Therefore, it looks like nothing is happening...nothing is seen, felt or sensed.

I invited the participant to acknowledge the fog by saying: *"I see you there as a fog and you can stay as long as you wish..."* and the participant said it: *"I see you there as a fog ..."* and all of a sudden, the walk stopped and a scene from the past appeared in a flash: a table, a desk, a window, a little child under the table ...That was a turning point....as I suggested that he stays with what was there and take his time to acknowledged it.

Deepening the contact: The part that was presenting itself like a fog felt seen, recognized and welcomed so it gave access to some memories.

The participants said: *“ There's nothing for the child, it is like a hole...he is sitting alone ... he is playing with a ball...”*

I said: *“You are connected with something that is looking at the child and with the child itself as well. Both are there ...See if you would like to say hello to both.... and stay with them a little more...”*.

Lessons learned/ insights: Typical of Distance Process focusers, there was something observing a scene from a distance not allowing access to what was there, particularly not giving access to feelings.

The participant said: *“I hear... I hear the birds ... it is a relief...”* and then a silence for a couple of minutes. *“I can feel the birds, the sun.... it is like an expansion ...”*

Lessons learned/ insights: After acknowledging the observer, something else often appears to create a distraction. It often takes the form of a comfortable or peaceful “relief” feeling. The focuser is taken over by something that has a preference for these feelings of ease and peace and has a tendency to want to stay there.

I said: *“While you are with something observing the child, ... with the child something else came that might have a preference for the birds and the sun...See if you can say hello and let it know that you can feel its preferences to stay with that feeling of expansion.”*

Then the participant said: *“There is sadness... it is like a siphon, I can feel the energy pulling me down”*.

I said: *“The child is showing you how much sad he is and something else is seeing it as a syphon... it might be afraid of you being pulling down by it.... ”*

The participant said: *“Yes, he is frightened, I can feel the sadness... and fear”*.

After a couple of reflections and invitations to welcome what was afraid, the relationship with the little boy deepened and he showed us how alone and helpless he was feeling. Even though I guided that session almost a year and half ago, I still remember the feeling of peace, joy, and spaciousness felt by the participant. I was familiar with parts acting like they had no thoughts or no feelings but meeting parts that showed and transpired qualities of *Presence* was new to me. The preference and irresistible desire to stay in the feelings of ease and peace was a good hint for me, letting me know that the participant was with a part dismissing other feelings and parts — a child under the table and something else looking at it.

Looking back on these reflections and invitations, I would change some of them. For this participant, the entrance into his focusing process was through images. Ann Weiser Cornell calls these types of focusers “Imagers”. *“There are people who find visual imagery easily, and who go there when invited to go into inner contact”* (Cornell, *The Radical Acceptance of Everything - Living a Focusing Life*, 2005). Even though the participant was able to connect to and unfold protected feelings and experience sensations of advancing through his focusing session. **I could have invited the participant to, for example, take the posture of the child to better connect with the child part by suggesting the following invitation:**

“See if you can be with it even more by taking his (child) posture under the table”

7.2 Participant B: Participant B was doing solo focusing about once a month. The body scan was her way to lead in focusing sessions and her first invitations were often about particular situations or events.

During our guided session, the participant chose to invite a discussion that had happened at lunch time just before our focusing session.

Lead in: I suggested that the participant push and tap her foot as if forcing someone to step back. As soon as I suggested it, I felt her resistance to do it. Then, a thought came to me. The participant might be more comfortable to push and tap with her back towards me. I said: *“Maybe there is something that does not like that idea...see with it how it is for it if you push on the wall there instead”*. The participant said: *“Yes, it is better”*. I could have started the session by inviting the participant to stay there with that part and not doing the lead in as suggested. I did not, something in me wanted to follow the protocol: to start with a physical lead in.

So, the participant started to do the pushing against the wall after saying its invitation: *“I invite all that want to be shared about the situation that happened over lunch”*. After a couple of minutes, I said: *“While you are with the situation and pushing on the wall... feel all the energy in your legs and arms, your blood flow ... all that is there ...”*. Then, the participant started to tap her foot on the ground as well. I said: *“While you are with it, see if you would like to say to it that it can take all the place that it wants to ...”*. The pushing and the tapping increased. After a couple of minutes, the participant was still silent, so I said: *“You are with your movements... all your body... and all that is there”*.

The participant said: *“I do not feel rooted”*

I said: *“You are with something that says “I do not feel rooted” ... and you can say that you hear it ... and at the same time you can feel ... the heat in your body, your feet on the ground, and there is nothing to do... just to be there with all that is there”*.

Silence

I said, after some time: *“While you are with the lunch situation... with your body, your feet...may be there is image, ... or symbols, or ... thoughts as well”*.

Silence... but the body movement changed, the participant was now balancing herself from side to side with her chin following the balancing movements as well.

I said: *“While you are with your pushing movement something came in and it's making you swing from one side to the other, chin included”*

Making Contact: The participant: *“Yes... it does not want to”*

I said: *“You can tell it, out loud, that you feel that it does not want to”*.

The participant said: *“I can feel that you do not want to”* and the body started to shake like tremors.

I said: *“You can be with what does not want to and also with what is making you shake now, you have all the time ... nothing else to do but to be with all that is there”*.

Silence...

After a couple of minutes, I said: *“While you are with something that is saying I do not want to and something making your body shake, maybe you can let them know that they can speak through you”*.

The participant said: *" I do not want ... I do not want ... "* ... and then, the shaking increased...

I said: *"You notice that while you let it speak through you, something is making your body shakes even more... and it can take... as long as it needs... to share more with you"*.

Silence...

I said: *" It shows you how much it does not want to "*

The participant: *"Yes ..."*... silence....

I said: *" It is so important for it that you take the full measure of how much it does not want to"*

Silence...and then the participant said: *"Yes, and ...there is something else that does want it to go ... and something else is saying "Why?"*.

Lessons learned/ insights: Typical of Distant Process focusers, there is a part in the background that does not want to feel the intensity of another part, the shaking in this case represents which has no voice yet and then a third part comes in, often questioning the pertinence of the process. Like an ally to the first part that says *" I do not want to"*.

I said: *" They can all be there at the same time, there is nothing to do, just to be with. ... as if you could sit down with each of them"*.

Sigh, silence ... *" I'll stay with what is there"*. Now this was a different silence... I could feel that it was full as the participant sat with all of it. Then all of a sudden, she started to stomp fiercely on the floor while holding her head in her hands.

I said: *"While you are with something that does not want to.... And something asking "Why", something is now tapping ... and your head is now holding in your hands... see if you can stay with it a little more and let it speak through you"*.

The participant said: *"It goes to hide, it does not want to be there"*.

I said: *"Maybe you can tell it that you hear it and that you feel how much it does not want to be there"*

The participant said: *"I want to go unnoticed ... I want to hide, not be there"*

I said: *"You might tell it that you can feel how much it wants you to hide, to go unnoticed"*

The participant said: *"I can feel how much you want me to go unnoticed... and after a couple of minutes she said: "It does not work"*.

I said: *" Something says it does not work and something else wants so much that it works"* Almost instantly, the tapping stopped.

The participant said: *"Yes, something says "Let you go" ... and something else does not dare to"*.

The session was about to end so, I said: *" And for the next 5 minutes there is all the time for that whole system to share an important thing before coming to a comfortable place to end the focusing session. "*

The participant said: *"Something is saying you did not dare and ...there is sadness"*.

Lessons learned/ insights: Feelings that come in at the end of a session are also common for a Distant Process focuser. Therefore, the Distant Process focusers often stay at the stage

of making contact during many focusing sessions before being able to deepen the contact with parts.

Participant B's way of entrance was thinking, the so-called "Thinkers": *"There are people who are used to relying on a rational or cognitive approach to issues. When invited to sense inwardly, they will say things like, "It must be..." or "I'm sure it's..." or "I think..."* (Cornell, *The Radical Acceptance of Everything - Living a Focusing Life*, 2005). They are merged with parts that have lots of thoughts and words. I was not able to guide the participant in a way that could deepen her contact to her parts. The participant left with something feeling unsatisfied. Thinkers are often harder to work with as underlined in Ann's book. Even though I did invite the participant to feel her feet on the ground and all the physical support she had. *I realize now that I could have invited her to feel more of what was inside her body. The following invitations could have helped:*

" Maybe you would like to feel inside your body if the word "hide" fits".

" See if you would like to be with it in taking an hidden posture".

I was struck by this session, not because of how long it took before connecting to a feeling, or by how much conflict and tension there was within but for two other reasons.

First, the session seemed to be a perfect mirror of the lunch situation the participant had summarized to me before we started: something that did not dare to speak. I realized that something in her did not want to do the focusing session in front of others. There was a part that was struggling, wanting to dare but something scared to take that risk.

Second, the participant and I were both present in a Focusing workshop that day. Although the participant did not feel her presence and did not consider her morning guided session as a success, what happened in the following hour amazed me. She arrived after lunch with a really funny T-shirt. Then during the afternoon check in she said something very funny and laughed out loud. What struck me, in light of the guided focusing session, was not the funny comments, nor the T-shirt or the laughs but the fact that it was the first time in 10 months that this participant dared to appear, to take her place in the group. I realized that something shifted even though it did not seem to during the guided focusing session. I will never forget that moment.

This event supports my belief that whatever comes up during a focusing session it is what needed to come because *Presence* is always there. Everything appears in the way, in the place and with the intensity that it needs to be and it includes even the circumstances of the focusing session: the companion and even the surrounding elements that come while focusing as if it would not be the case *Presence* will not make you conscious/ aware of it. For example, if you hear during your focusing session a bell or a phone ringing or a shout, it is because you needed to hear it to support your focusing session. Otherwise, your presence will not have you notice it.

7.3 Participant C: Participant C was doing solo focusing every day for 20 min. The body scan was her way to lead into the session and sometime she used art or dance as well. Her first invitations were often about some particular situation or event or about pain she felt in her body as well. The participant told me before the guided focusing session that even though she did lots of focusing, all her sessions looked alike.

As a starting Invitation, the participant chose to invite her craving for food and another subject concerning something soothing that had happened at lunch time just before our focusing session.

Lead in: I suggested that the participant to take herself into her own arms and rock from her head to her feet while inviting everything that would like to be share about food cravings and feeling of being soothed.

Making Contact: The participant accepted and after a couple of minutes of **silence**.

The participant said: *"Something ... a barrier there up in my brain ... and says " Don't go there ... keep on rocking you ... just rock you""*.

I said: *" You are with something that wants you to continue to rock"*

The participant said: *" Yes... it is quite comfortable ...in its tunnel ... feeling its breath, the rhythm, the heat, it is like a narrow vision ... it knows where to go ... just continue to rock..."*

I said: *"You are with something that just wants to rock and something else that does not want to address the question of food cravings, both are there and you can stay with them as long as it is needed"*

The participant said: *" Something else says it is not ok to stay there with both"* and then **silence**.

I said: *" You are with something that says it's not ok maybe ...it wants you to chose between them"*.

The participant said: *" No, it is more like it wants to be full ... one ... it does not want separate compartments, it worries it ... there's one out there and the other there and a barrier between... it says woo"*.

I said: *" While you are with the barrier, and something else that just want you to continue to rock, something else is looking at them and it tells you how worried it is to see them separated.... See if you would like to tell this part that you are feeling how worried it is and ... and that there is enough space in you for all of them "*.

The participant said: *" I feel how worried you are... and I feel the part that is blocking ... and I take a moment to stay with"*.

Silence

After a couple of minutes, the participant said: *" There is something that rises like a twist, a discomfort, like an impulse to do something else ... doing an activity"*.

I said: *" You are connected with something in your belly that twist ...and it wants you to move ... to do something else ... and you might want to let it know that you feel and hear it when it says that."*

The participant said: *" I say hello to you and know that you have all the space you need to be "*

Deepening Contact: **Silence** and ... *" It's like a rope ... all tense and ...sadness ..."*. And with that acknowledgment, a slower pace set in.

I said: *" You are connected with a rope and something that is sad"*

The participant said: *"Yes... and at the same time, I am conscious ... there is a distance even with what weeps and there are other parts that went off to the beach." ... " It does not erase the picture, it's just distant."*

Lessons learned/ insights: Typical of Distant Process focusers, it is as if you see everything from the perspective of an observer not emotionally involved, indifferent. You do not feel

touched or close to some parts, you are not with what is there like if it were a child you were lovingly holding.

I said: *"You might want to tell it you feel its presence ... and recognize all its efforts to keep everything at distance"*

The participant did it and then **silence**.

I said: *"At the same time there is nothing to do just to be there with all that is there and see what wants your attention"*.

The participant said: *"It's the distancing part ... it says to come back to me, calm me ... it is like it wants me to recompose myself, not be lost in sadness"*

I said: *"She wants your well being and see if you would like to tell it that you feel all the goodness of her intention"*.

The participant said: *"Something in me is touched and something else is angry against that part"*.

Lessons learned/ insights: That is a typical pattern: once the distancing part is seen, acknowledged, welcomed and recognized for her good intention and efforts, something is touched or moved. And it is often a turning point, deepening the contact with the part creating the distance as well as with other parts within. It is as if the door of our inner world opens.

I said: *"Both are there ...the part that want to protect you and the part that is angry... see if you would like to let them know that they can be equally there, they have all the space and time needed to share their experience with you, one at a time."*

The participant said: *"Something in me says 'return to the beach or be with what is sad but not that... it's cold ... it tastes like metal' ...and... it shows me how vibrant it is to be at the beach". ...and then silence.*

I said: *"While you are with the part that wants to protect you, there is something that has a preference...you might want to let it know how much you can feel its preferences and how important it is for it that you stay with what is vibrant"*.

The participant said: *"Yes, it wants to decide where we are going, it knows"*.

I said: *"You might want to let it know that you feel its determination."*

The participant said: *"Yes, I can feel all its determination, it is clear ... it really wants to take all the place"*.

I said: *"It really wants you to feel good ..., vibrant... it is its ideal"*.

The participant said: *"Yes, but it's my ideal too..."* and laughed and said *"Now, I am able to see that it is a part that wants me to feel good...that is showing me the beach..."*

The participant said: *"Yes, ...and there is something saying... "We too are here ...and I have a taste of being in a bad mood"....."*

I said: *"They are all there and they all have the space within you to be there at the same time"*

The participant said: *"It makes me shift my focus and I can feel the love for all of them, the beach, the rope, the moods...They are all there..."*

For participant C, the entrance seemed to be through her physical body, the so-called “Physicalizers”: “Often trained in body awareness, these are people who can find elaborate details in their bodies, tracing a tension across a deltoid and down a trapezius... but don’t get what this has to do with emotional meaning in their lives” (Cornell, *The Radical Acceptance of Everything - Living a Focusing Life*, 2005). Similar to *Kinesthetic* people that learn and relate to the world through touch, movement, proprioception, and bodily feelings.

This session made me appreciate how strongly a part can take over without being noticed... as if it becomes the focuser itself. I was amazed by how strong the preferences can be and by the fact that once recognized, it is as if the non-preferred parts are able to clearly show up because they can feel that there more room beside the preference.

As I am writing these lines, a smile is emerging. Something in me is saying... “*That is radical acceptance of everything*” and something in me is moved... I give it space and stay present to that sense of beauty.

8. The Follow up with the Distant Process Focusers

I decided to follow up with some of the program participants to see if the feedback and tips given a couple of months before were helpful in sustaining their focusing practice and in deepening their inner relationship.

Due to schedule constraints, I interviewed (see Annex 7, for the content of the second interview) and guided for a second time 6 out of the 11 Distant Process focusers. I managed to meet with these participants on average 11 months after our first guided session. Some I meet only after 3 months while others I meet after 16 months.

I had hypothesized that they would have increased the frequency at which they practiced focusing. The reality, as I then learned through the interview, was that most participants said that their life schedule did not allow for extra focusing sessions to be squeezed in.

However, they had been using the tips and feedback offered and said that it made a difference in their capacity to “be with”. The most used tips were the physical *lead in’s* and the invitations welcoming the parts to take all the space and time needed (see Annex 8 for details). Some participants highlighted that parts were now showing up during the *lead in*, whereas in the first interview, these same people spent 75% of their session, or more, in the *making contact stage* unable to deepen the contact.

Many acknowledged that their distancing parts were sometimes subtler than before, but the participants felt their awareness of these parts grew stronger. This exact phenomenon happened to me after Gina Cenciose’s feedback. As I was more vigilant /curious of distancing processes, I discovered a part that was adjusting my tone of voice during the focusing session so that I would not be aware of it controlling the process. It is like I was now able to see that part through its effort to change my voice. I had something tangible to see it through and therefore was better able to welcome it and say “*Hello, I know you are there, I can hear you in my tone of voice*” and I stayed there curious and loving as long it needed to be. That was the

beginning of a relationship with that part, and so, other parts started to come, more vulnerable parts. They were feeling free to come because the process was not directed by distancing parts anymore.

Even though participants claimed there was no huge change in the quantity or quality of their life challenges most of them agreed to say that their daily lives gained in flavor. They claimed to feel more in touch with their feelings and more conscious of what is alive in them at any moment.

They also stated that they now have access to more vulnerable parts and that parts reveal themselves even before receiving an invitation. The *deepening contact stage* represented now a more substantial part of their focusing session. The benefit being that in 20 minutes the participants could reach a depth equal to what was previously experimented in 45 minutes. The gain in efficiency is considerable.

They added that a deeper sense of gratitude for the parts that manifested themselves was also emerging at the end of their focusing sessions. A more connected sense of presence also helped them better taste the uniqueness of each session.

I too am experiencing stronger, more wholesome gratitude and an increased lucidity regarding the uniqueness of every moment. If before my gratitude was somewhat mechanically delivered, now, it is emerging. Sometimes, parts even show me flowers or bow down in reverence as if they were saying thank you to me.

Therefore, I was curious to see what the second guided session would be. I was expecting to see some changes and they were. They were still having Distant Process but were able to be with more and to have a deep contact with parts. I was surprised by the amplitude of the difference in their focusing sessions. Even the participant having the shorter period in between the guided focusing sessions (i.e. 3 months) was able to be with all and had a *Felt Sense* (see participant C excerpt below). For me that guided session was incredible, like I was the witness of a reconciliation within, and of new possibilities. Something in me is still moved and honored to have witnessed it.

I was also expecting to see fewer changes in the most recently guided (3 months after) than the last guided ones. A longer time lapse meant a longer period of experiencing with the given personalized feedback/tips while focusing. And it was the case and I would even say that the one after 16 months, no longer seemed to have a typical Distant Process at all during her second guided session. That was what I was experiencing as a Distant Process focuser in my own journey. As if the focusing process evolves toward a Mid process, a process without identification to something overwhelmed or distant. Therefore, I was curious to see if Inner Relationship Focusing Practitioners would have experienced the same in their practice.

9. The Lessons Learned / Insights from the Follow up of Distant Process Focusers

I would like to use the case of one participant to illustrate some of the lessons learned and the resulting transformations occurring for me in my way of guiding as well as for the participant, in her

focusing journey throughout this research project. I chose this participant because we both saw some important changes between her first and second guided focusing session, one session three months apart from the other.

For confidentiality and convenience purposes, I will present excerpts of our sessions within an overall context. The dialogue is color coded: **blue** when I am speaking **red** when she is.

9.1 Participant C: This participant was introduced to focusing one year ago and had been doing solo focusing every day for about 20 min. After our first and our second guided focusing session, her frequency of practice remained the same and the life challenges also remained constant. She mentioned however that she felt greater awareness relative to “what was alive inside her” during her focusing sessions. She also connected with a greater range of feelings. In addition, she has more space to welcome and be curious about every emerging part, the impact being that every session seemed unique. Inspired by our first guided session, the participant continued using a variety of lead in’s. These lead in’s often involved physical movements like playing music or dancing. She sometimes also led by recalling dreams she recently had. The participant was naturally inclined to use the tips/invitations I had offered to her as feedback, such as speaking out loud during the lead in, using specific “presence enhancing” wording such as “*While I am with [part A] ...something else is ...*” and consciously listening and welcoming bodily sensations.

During our first session, the participant showed little access to her feelings. However, in the second guided session, her initial invitation concerned the uncomfortable feelings she gets when she is heading back home. I saw there an evolution in her capacity to be aware and acknowledge her daily feelings.

Lead in: For the lead in, I suggested that she sits on the floor and swing back and forth while inviting everything that would like to be shared about feeling uncomfortable to go back home.

Right away something came up, there was no silence after the invitation as it was the case during her first session.

The participant said: “*There is a cloud ...and ...confusion and something else in my intestine...they are all there.*”. Amazing! The participant was able to sense and name different parts without needing my guidance.

I offered no reflections nor invitations as the focuser seemed totally connected with what was moving in her: **Silence**

The participant said: “*Something is also excited, and it says “Yes, I am able to do this”.* which is a change from 3 months ago, where her parts were saying “*Why are you doing focusing again.*”

I said nothing: **Silence**

The participant said: “*I can sense that there is some confusion, then something else is laughing and then something is caught in between frozen (seized in jelly) and something else shows me memories.*”. It was the first time I heard her tapping into sensations by herself.

I said nothing: **Silence**

The participant said: “*Something in me says... ... it does not want to go there... it is like vigilant.*”.

I said: “ *Maybe it is afraid to go there...with the memories and something frozen ... You may want to stay a little more with all of them.*”

The participant said: “ *Now there is something that is afraid.*” During our first session, awareness of this afraid part came 30 to 45 minutes into the focusing session. This second time, not even 15 minutes had passed and we were already in dialogue with it.

Lessons learned/ insights: That is typical, a Distant Process focuser becomes less distant when he/she can recognize the distancing part for what it is. The focuser is not overwhelmed by this part and can access other parts simultaneously.

I suggested: “ *Maybe you would like to let it talk through you and say “I'm so afraid ...”* reflecting its intensity and tone of voice.

Lessons learned/ insights: I experienced the importance of matching the intensity of the parts that present themselves. The impact it has the part feels heard and seen in its intensity. I would say especially for a Distant Process focuser because often the tone of voice is low and monotone as everything is keeping at low profile. That is typical, once there is more trust, parts that were not showing up show up and it is as if they are more alive.

The participant said: “ *It shows me how much it just feels frozen and wants to make itself as small as possible.*” So not only were we in the deepening stage... we were with a vulnerable part instead of being only with protective or defensive parts. Three months ago, no vulnerable part showed itself.

Lessons learned/ insights: Typically, for both Distant and Close Process focusers, vulnerable parts come in only if the protective and defensive parts have been acknowledged, often after many focusing sessions. However, in my experience, Distant Process focusers need more and longer focusing sessions than Close Process focusers to access these parts. I would say that the number of focusing sessions and length of time can be doubled. My close process focusers friends were able to have access to vulnerable parts after a 20-minutes in a session, whereas I was needing 40-45 minutes before these parts manifested themselves, even after 2 years of practice.

Based on the insights I gained, I understand why Distant Process focusers are more inclined to quit focusing than Close Process focusers. Deepening the connection with protective and vulnerable parts brings much relief and peace to the individual as a whole. If it takes longer to connect with these parts, the incentive for practicing focusing is lessened.

In addition to the lessons learned and insights gained, I noticed that some invitations were more useful than others for supporting me and other Distant Process focusers (see Annex 8, for details) and I was wondering about which ones focusing practitioners were using in their practice.

10. The Interviews with Experienced Inner Relationship Focusing Practitioners

My own journey as a focuser and focusing guide led me to wonder what other focusing guides would have to share concerning their most useful tips/invitations.

I chose 5 experienced focusing guides and had them revise my compilation of “most useful tips/invitations”. I then interviewed them to exchange about and enrich the compilation. The Practitioner Interviews, as presented in Annex 9, was designed to harvest each practitioner’s tips and invitations.

- Definition of Distant Process Focusing
- Experience and anecdotes of working with Distant Process focusers
- Most useful tips/invitations

The guiding experience of these practitioners varied between 6 to 30 years and the frequency of their guidance was between 2 to 12 people per week. Three of them personally identified as Close Process focusers and two of them as Distant Process focusers.

I was surprised to see that 40% of the participants were Distant Process focusers. Most of my companions and friends are Close Process focusers, therefore, I was curious to hear other practitioners comment on this matter.

Out of the 5 practitioners interviewed, the estimated percentage of Distant Process focusers composing their clientele varied from 30% to 50%. Only one of the practitioners had very low proportion (3%) of her clientele being Distant Process focusers.

Therefore, it seems both from this project and from the practitioners’ Interview that Distant Process can represent a high proportion of people’s process. That saddened something in me as one of my assumptions was that Distant Process focusers are more inclined to quit focusing compared to Close Process focusers. Because if I had not witnessed through my companions and friends the benefits of focusing, the joy within, I would probably have stopped doing it.

I asked two related questions to the practitioners - (excerpt from Annexe 9 entitled the Practitioners’ Interview)

Q 9) *How long in average would you say that it takes to a Distant Process focuser to deepen his or her relationship with the inner world compared to other types: within the same conditions (e.g.: focusing frequency, duration, feedback...)? If it is longer than other types, why is this so, from your point of view?*

4 out of 5 said “Yes” it takes longer for Distant Process focusers to deepen their relationship with their inner world. The practitioner who dealt very little with Distant Process focusers answered that she had so few that it was difficult to answer. The time estimated to deepen inner relationships varied from one practitioner to another. One of them, a Distant Process focuser herself, said *“It took me more than a year before having a Felt sense and being seen by parts. Another said “The time can be doubled before the relationships deepened”*. My personal experience attests to this; it took me more than a year to have a *felt Sense* and double the time for being in contact with more vulnerable parts if I compare my journey with my Close Process focusers friends.

Q 10) *Would you say that Distant Process focusers would be more inclined to quit focusing than other types? If they are more inclined to quit, why is this so, from your point of view?*

5 out of 5 said “Yes” Distant Process focusers might be more inclined to quit. One practitioner added “*Not by a big difference though*” and another practitioner added “*It is particularly true if the Distant Process focusers do only solo focusing*”. I totally agree. Partnerships did make a huge difference for me; especially in my first years of focusing when I was not able to deepen my relationship with parts while focusing alone. Distant Process focusers might quit focusing because:

- 1) they have no sense of gratefulness or release after a session.
- 2) they need more time to reach a deepened connection with parts
- 3) their impression that sessions resemble one another

I was curious about their experience and what their most useful invitations/ tips were. Their most helpful tips/invitations were added to those proposed in Annex 8 marked by an asterix (*) as shown in the following table.

Invitations	Tips
<p><i>Take all the time needed</i> <i>Take all the space needed</i> <i>There might be something there hiding*</i> <i>We are with it as long it needs to</i></p>	<p>Touching by you / by a companion Lower your expectations / be open/ curious Physical, standing up, <i>lead in</i> drum/dance... Describing more what is there, warmth words* Feeling the body and your feet on the ground Be the part, let it talk and live through you Having something to touch* Partnerships</p>

A final aspect I was curious about was the Process in itself. I was experiencing an evolution in my own Process since the beginning of my focusing journey and I was also seeing this evolution in my friends’ processes, as well as in some of the participants. Therefore, I asked the following question:

Q 15) *Would you say that their focusing Process could change over time, such as becoming neither Distant nor Close?*

5 out of 5 said “Yes a Focusing Process might evolve in time”. One Distant Process practitioner said “*My Focusing now is less Distant than before, also, my distancing parts are not a problem any more as I have learned to work with them during Focusing and in my life... I still however identify as a Distant Process focuser*”. Another practitioner said that after years of balancing between Distant and Close she became a Mid Process focuser – neither Distant nor Close. I would add that Distant Process focusers needs favorable conditions in order for their Focusing Process to evolve, such as focusing often and on a regular basis, having focusing partnerships, having presence and bodily practices in between focusing sessions (see Annex 8, for more favorable conditions).

So, the practitioners all agreed that the Distant Process evolve over time. However, “*Does it change to become something else? Do I still consider my self as a Distant Process focuser?*”

So much has been experienced since the beginning of my focusing practice. My sessions don’t feel or look like they used to. During my first two years of focusing, I was not moving at all, and I was not inviting in what was there. I was like a statue inside a bubble. Those first years, my

focusing sessions looked alike, conscious of everything but no emotions and no motions similar to what my Distant Process participants mentioned. I was not experiencing my feelings and my body at all. Now I am bodily expressing what is there, such as boxing and kicking for a while or even staying curled up for the entire duration of the focusing session.

During those first years, I was doubting everything encountered during a focusing session even though during the session I had a *felt sense*. One of the practitioner said the same thing: *“Even If I was having felt sense during sessions, after 5 years, I was still doubting”*.

Does the Process change to become something else? Based on my experience as a focuser and companion, I would say “Yes”. The greater the capacity for presence is the more we can be with everything that comes up. That is why it was so important to me to increase my presence by doing for example presence and bodily practices as suggested in Annex 8.

Another friend of mine that I have accompanied for some time, had at first a Close Process while dealing with love issues. However, the Process seemed Distant while focusing with childhood issues.

Therefore, I would add that the Process may also vary depending on the traumatic layers encountered or even depending on the subjects/themes touched. The inner world system might be built around the trauma. If the system thought that being overwhelmed by emotions was dangerous in some ways than the system might create protective and/or defensive parts to keep the emotions far away. It is like “the *Breath Holding Spells*” where a baby loses consciousness while crying without sound overwhelmed by its emotions (https://en.wikipedia.org/wiki/Breath-holding_spell). For my point of view, their emotions are so overwhelming that the reptilian brain takes over to breathe again as a mean of survival. Now that I have more capacity for presence, the protective/ defensive parts of the system allow me to sense the intensity of that part created by the trauma. Let me add that your capacity for presence might also depend on how you are focusing and who you are focusing with. It is like the difference between standing up or sitting down during focusing. Posture can cause a huge difference. Sitting might call upon parts related to learning or to school. The choice of partner can also have a considerable impact. Unconsciously, one of your partners might trigger memories for parts of you related to your father or your mother for example. Having more than one companion is therefore preferable.

From the practitioners’ interviews, I gained insights to add to this project and was able to confirm some of the assumptions that came to me as a focuser and a companion. It was a real pleasure as I enjoyed sharing with them and hearing their story.

11. Conclusion: Some Reflections about Distant Process Focusers

Throughout this research project, some findings were confirmations of my hypotheses, other findings came as a surprise. What is sure is that every step of this research gave me the opportunity to learn and grow.

I designed the first Questionnaire to help me discriminate between Distant and Close Process focusers and it did. On 40 participants: 16 of them (40%) demonstrated a typical Distant Process and 10 of them (25%) demonstrated a typical Close Process. The discriminant effectiveness of the Questionnaire was confirmed by the Interview and the guided focusing sessions.

I was surprised that, based on the Questionnaire, 7 participants (18%) showed signs of an ability to be present with their parts without being distant or overwhelmed: they were nor Distant nor Close Process focusers, hence, I classified them as Mid Process focusers.

I realized that some words needed to be clarified and that using a numerical scale for some questions would have brought more clarity and offered greater accuracy. I noticed that some questions were more useful to distinguish between Distant and Close Process, and that some answers depended a lot on the focusing and presence practices (length, duration, frequency, partnerships) of the participants.

Witnessing the evolution of their level of presence and true inner relationship with themselves moved me. The excerpt of participant C's guided focusing session is a good example of this.

I was surprised to find that the focusing practitioners I interviewed have 30 to 50% of their clientele who qualify as Distant Process focusers.

I hoped the practitioners would add to the proposed tips and invitations intended to best support Distant Process focusers and they did. Annex 8 includes those additions (*). I would underline that these tips and invitations can also help Close Process focusers, with the exception of the invitation "to be the identified part" using identified language: "*I am sad*" instead of a presence language "*Something in me is sad*".

The practitioners also confirmed my assumptions, stating that:

- 1) Distant Process focusers seem to need more time before deepening their relationships with their parts compared to Close Process focusers - up to double the length of time;
- 2) An higher percentage of Distant Process focusers do not feel relieved after a session and are more prone to quit focusing compared to Close Process focusers, and
- 3) Distant Process focusers can become less distant over time and can stabilize in a Process that is nor distant or close.

Considering the increased awareness and helpful tips and invitation I use, I would like to conclude by addressing this one question: *Do I still consider myself a Distant Process focuser?*

Before answering, I wanted to mention that lately my sessions look alike. I am in touch with a part that feels nostalgia, who is freezing up with physical pain all over my body and that shares no words or images. I have no doubts that I am with a vulnerable partial self created at an early stage of life before language came in. This kind of partial self would have never come during my first years of focusing, too deep and vulnerable. As I write these lines, something in me feels touched and grateful.

Awareness of my inner world increases every day. I see my ability to hold triggered parts and finding moments to make space and hear their concerns has increased.

Because of focusing, I also see pain differently. Before, I just wanted to get rid of it. Now, I see pain as something in me calling my attention, craving for my presence. With focusing my understanding of the human body totally changed. At first, I saw the body as a wonderful machine, albeit still a machine. Now, as I am experiencing my body in a greater depth, I can appreciate how my body is *“infused with life meaning, vital with purpose - interconnected web - of relationships, wise beyond logic and reason”* (Cornell, *The Radical Acceptance of Everything - Living a Focusing Life*, 2005, p. 225), a being of its own rhythm and intention.

Focusing is not only about pain and trauma, it is also about dreams, joy, gratitude and about magic. As I write the word magic, something is showing me a moment, that I would like to share with you.

I was focusing in a triad during a focusing workshop, inviting gratitude for one of my parts: a distancing part. Something in me showed up as an eagle - watchful and able to see far away, and an owl - watchful and able to see at 360°. I was touched by its way of telling me how much it was sharp and watchful ... day and night. At the end, I felt its love protecting me...enabling me to breathe and survive. Something else happened during the triad feedback, at some point, there was a synchronicity, it was so strong that I had a crystalline laugh (not my usual laugh at all) and the impression that life itself was joyful to be living inside each of us in the triad. Because of focusing, I do not doubt life's mysteries and magics anymore. Focusing allows you to dive into the magic of life.

It has become a way of living more than a practice. I feel blessed to be in presence of my inner world and to feel love for all my partial selves more and more without preferences; what a gift it is to see life's unfolding synchronicities.

Do I still consider myself a Distant Process Focuser? If you had asked me this question at the beginning of my focusing practice, and even a year ago, I would have answered “Yes”, for sure.

Nowadays, I am answering differently. First, I would say that I am totally in agreement with Ann's statement that *“Categories are inherently limited, and are never as complex and subtle as the real person”* (Cornell, *The Radical Acceptance of Everything - Living a Focusing Life*, 2005, p. 232). I would prefer to say that there is continuum in the dynamic spiral of a focusing process... with the Mid Process being the ideal focusing distance according to me and the teachings of Elfie Hinterkopf and Les Brunswick, in 1983 (Cornell, *The Radical Acceptance of Everything - Living a Focusing Life*, 2005, p. 216). I now think that there is no type of focuser per se but there are people having Distant, Close or Mid Processes and that it might vary depending over time on people's level of presence, their focusing practice and the traumatic layers encountered since and while focusing. So, I would say that I am the process.

Finally, as a companion, I would add that *“Ultimately the journey of making the Focusing process one's own will be different for each person, and the privilege of facilitating that journey will remain a*

compelling one, calling on all our creativity, empathy, and improvisation” (Cornell, *The Radical Acceptance of Everything - Living a Focusing Life*, 2005, p. 232).

I added that quote from Ann’s book because all those accompaniments have called upon my resources and it has been a real privilege to accompany all the participants of this project. I have been touched by their inner worlds and feel much gratitude for it.

Focusing is a way to come back home, and for me it has been a long journey home, from feeling almost nothing to feeling the love of each of my inner children. I am less mystified by their appearance and love them all: the ones that I already know and the ones to come.

This project was a way to give back what I have received: a way of expressing my gratitude to my mentors, Gina Cenciose and Ann Weiser Cornell as well as the focusing community and all my companions. It was an opportunity to support others in their journey as others have done for me.

I would like to make this last offering as a token of my gratitude. I poem I like a lot and makes me think about Focusing that was written by Rumi, a Sufi poet of the 13th-century. Maybe while we are reading it... you would like to listen to the words and feel them within... and be with what come up.

The Guest House

This being human is a guest house.
Every morning a new arrival.

A joy, a depression, a meanness,
some momentary awareness comes
as an unexpected visitor.

Welcome and entertain them all!
Even if they are a crowd of sorrows,
who violently sweep your house
empty of its furniture,
still, treat each guest honorably.
He may be clearing you out
for some new delight.

The dark thought, the shame, the malice.
meet them at the door laughing and invite them in.

Be grateful for whatever comes.
because each has been sent
as a guide from beyond.

— Jellaludin Rumi,
translation by Coleman Barks

Annex 1 - Email to Focusing Year Long Program Participants

Hello,

This survey / questionnaire is part of my IRF Certification Program. The goal of my project is to investigate the distant process; to support the "*distant focusers*" in their solo focusing or the practitioners whose clients are *distant focusers*. The results of this survey are confidential. Only the compiled results will be sent to Gina Genciose and Ann Weiser Cornell.

The survey has thirty multiple-choice questions and will only take a few minutes to fill out. It will allow me to infer what kind of focuser you are and according to the results you will be invited to participate in an interview and a focusing session personalized according to your results.

The questionnaire is in Word format (* .docx). You can email me the file in Word or send me a scan of it. I would like if possible to have the electronic version by the end of June. That will give me time to compile the results and prepare the interviews and focusing sessions before the summer holidays.

Thank you for your support for this project as your answers can make a difference.

Thank you :)

Annex 2 - The Focusing Process Questionnaire

Focusing Survey – What type of focuser are you?

Date: _____
Name: _____
Email Address: _____
Phone Number: _____

1) What level of training have you completed?

- Introduction Program Advanced Program Certification Program

2) How long have you been doing focusing?

- 1 year 2 years 3-4 years 5-6 years > 6 years

3) How often are you practicing focusing?

- Solo focusing: 1-2 times / month 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- With 1 partner (dyad): 1-2 times / month 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- With 2 partners (triad): 1-2 times / month 1-2 times / wk 3-4 times / wk ≥ 5 times / wk

4) What is the average length of your sessions?

- Solo focusing: 20 min 30 min 45 min more than 45 min
- With 1 partner (dyad): 20 min 30 min 45 min more than 45 min
- With 2 partners (triad): 20 min 30 min 45 min more than 45 min

For the rest of the questionnaire, answer the questions based on your experience when you only focuser (e). If your answer to the question depends on whether you focus alone (e) or with a focusing partner, please note the differences and describe more specifically in the space provided to question number # 29.

5) What positions do you use?

- Stand up Sitting on a chair Sitting on the ground All of them, according to the need
- Other (please specify) or comment to add precision to your answer

6) What kinds of lead in do you do?

- Rooting with a body scan: Never Sometimes Often Very often
- Exercise (e.g. running, dancing ...): Never Sometimes Often Very often
- Art (e.g. singing, drumming...): Never Sometimes Often Very often
- The work (i.e. Byron Katie): Never Sometimes Often Very often
- Judgments (i.e. Jackaling): Never Sometimes Often Very often
- Other (please specify) or comment to add precision to your answer

7) What kind of invitation do you do?

- A recently situation Never Sometimes Often Very often
- A duality lived for some time Never Sometimes Often Very often
- A relationship Never Sometimes Often Very often
- A dream Never Sometimes Often Very often
- A physical pain Never Sometimes Often Very often

- What wants to come (i.e. no invite) Never Sometimes Often Very often
- Other (please specify) or comment to add precision to your answer

8) During your sessions do you have?

- | | | | | |
|-----------------------------------|--------------------------------|------------------------------------|--------------------------------|-------------------------------------|
| - Sharp images | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Fuzzy images | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - A movie like | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Scattered thoughts | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Rush of thoughts | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Strong emotions | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Subtle emotions | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Subtle physical sensations | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Strong physical sensations | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Withholding physical sensations | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Symbols | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Words | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Sounds | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Body movements | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |

9) What proportion of your sessions is in the phase of?

(10% means about 5 minutes on a 45-minute session, the sum of the four phases must equal 100%)

- Lead in 10% 10-20% 20-30% 30-50% 50-75% > 75%
- Contacting 10% 10-20% 20-30% 30-50% 50-75% > 75%
- Deepening 10% 10-20% 20-30% 30-50% 50-75% > 75%
- Lead Out 10% 10-20% 20-30% 30-50% 50-75% > 75%
- Other (please specify) or comment to add precision to your answer

10) During your sessions do you feel like?

- Jumping from one physical sensation to another Never Sometimes Often Very often
- Jumping from one emotion to another Never Sometimes Often Very often
- From one thought to another Never Sometimes Often Very often
- From one image to another Never Sometimes Often Very often
- Other (please specify) or comment to add precision to your answer

- 11) Does it happen that something is showing you emotion without necessarily feeling the emotion itself?** Never Sometimes Often Very often

- 12) Does it happen that you have an emotional feeling and it cut all of a sudden?** Never Sometimes Often Very often

- 13) Does it happen to see images paraded without feeling the emotion?** Never Sometimes Often Very often

- 14) Does it happen that you to feel linked / in relationship with parts?** Never Sometimes Often Very often

- 15) Does it happen that the part (people / character) are looking at you or you feel they know you're there?** Never Sometimes Often Very often

16) Do your sessions involve?

- | | | | | |
|--------------|--------------------------------|------------------------------------|--------------------------------|-------------------------------------|
| - Veils | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Clouds | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Blank | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Limbs | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Black Out | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Yawning | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Emptiness | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Freezing | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Distancing | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
- Other (please specify) or comment to add precision to your answer

17) Do your emotional feelings often occur at the end of the sessions?

- Never Sometimes Often Very often

18) During your sessions do you experience a *Felt sense* (bodily emergence like a revelation, a surprise, a new meaning, a new awareness or knowledge of what is shown to you)?

- Never Sometimes Often Very often

19) Do you feel that your sessions are similar with respect to one another, like *déjà vu*?

- Never Sometimes Often Very often

20) During your sessions do you feel very close to the parts, like overwhelming?

- Never Sometimes Often Very often

21) During your sessions do you feel far away from the parts, like a neutral observer?

- Never Sometimes Often Very often

22) During your sessions do your emotions are difficult to feel or difficult to describe as if it is vague, uncertain, unclear?

- Never Sometimes Often Very often

23) During your sessions do you feel that invitations come too soon, or that the feeling goes away or becomes blurred or fade or escape after the invitation?

- Never Sometimes Often Very often

24) Do your sessions involve?

- | | | | | |
|----------------------------------|--------------------------------|------------------------------------|--------------------------------|-------------------------------------|
| - slow rhythm process | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - fast rhythm process | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - low and monotone tone of voice | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - modulated tone of voice | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - few words, images, feelings | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |

25) At the end of your Focusing sessions do you have?

- | | | | | |
|-------------------|--------------------------------|------------------------------------|--------------------------------|-------------------------------------|
| - Gratitude | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Deep relaxation | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Lightness | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Joy | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Peace, serenity | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Space | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |

26) Since you are focusing, is there any change in the process itself or in your habits or behaviors, or any movement or progression? Yes Not really

- Other (please specify) or comment to add precision to your answer

27) Do you feel like blockages (or stagnation or even a sense of regression) in one or more area of your life? Yes Not really

If so, do you feel that there is forward life movement after your focusing sessions, or the blockage disappeared? Please specify.

If not, do you feel that the event changed or the persons around you changed or act differently? Please specify.

28) Your frequency of other practices that sustain presence?

- Self-empathy 1-2 times / month 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- Meditation 1-2 times / month 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- Nature (e.g. walk) 1-2 times / month 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- Doing art (ex. music) 1-2 times / month 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- Michael Brown presence Process: 1 time 2 times 3 times more than 3 times
- Other (please specify) or comment to add precision to your answer

29) Do you notice differences in your sessions if you are focusing alone or with a partner?

Yes Not really

If so, please specify.

30) Questions or comments you would like to do or say? Yes Not really

If so, please specify.

31) According to your results, you might be asked to participate in a 30 min interview, during which your results will be communicated, would you be interested? Yes No

If so, what is your phone number when you are most easily reached:

Home Phone: _____ **or Cell:** _____

If so, what is the best time to reach you?

- Morning, from 8:00 to 9:00 am
- Lunch, from 12:00 to 1:00 pm
- Afternoon, between 1:00 and 4:00 pm

- Evening, between 6:00 and 9:30 pm
- Other, please specify _____

32) Based on your results you might also be invited to participate in a guided 45 minutes focusing session to experiment with different lead in or invitations, would you be interested? Yes No

If so, what would be the best time for a 45 min focusing session?

- Morning, from 8:00 to 9:00 am
- Lunch, from 12:00 to 1:00 pm
- Afternoon, between 1:00 and 4:00 pm
- Evening, between 6:00 and 9:30 pm
- Other, please specify _____

Thanks a lot, your participation means a lot and can make a difference.

Annex 3 - The Typical Answers of Distant Process Focusers

This annex presents the typical answers of a Distant Process focuser. Some questions seem more discriminant than others and have been highlighted in yellow for your convenience.

8) During your sessions do you have?

- Sharp images	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Fuzzy images	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input checked="" type="checkbox"/> Very often
- A movie like	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Scattered thoughts	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input type="checkbox"/> Very often
- Rush of thoughts	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Strong emotions	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Subtle emotions	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input checked="" type="checkbox"/> Very often
- Subtle physical sensations	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input checked="" type="checkbox"/> Very often
- Strong physical sensations	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Withholding physical sensations	<input type="checkbox"/> Never	<input type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input checked="" type="checkbox"/> Very often
- Symbols	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Words	<input type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Sounds	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- Body movements	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often

10) During your sessions do you feel like?

- Jumping from one physical sensation to another	<input type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input type="checkbox"/> Very often
- Jumping from one emotion to another	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input type="checkbox"/> Often	<input type="checkbox"/> Very often
- From one thought to another	<input type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input type="checkbox"/> Very often
- From one image to another	<input checked="" type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input type="checkbox"/> Very often
- Other (please specify) or comment to add precision to your answer				

11) Does it happen that something is showing you emotion without necessarily feeling the emotion itself?

Never Sometimes Often Very often

12) Does it happen that you have an emotional feeling and it cut all of a sudden?

Never Sometimes Often Very often

13) Does it happen to see images paraded without feeling the emotion?

Never Sometimes Often Very often

14) Does it happen that you to feel linked / in relationship with parts?

Never Sometimes Often Very often

15) Does it happen that the part (people / character) are looking at you or you feel they know you're there?

Never Sometimes Often Very often

16) Do your sessions involve?

- Veils	<input type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input checked="" type="checkbox"/> Very often
- Clouds	<input type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input checked="" type="checkbox"/> Very often
- Blank	<input type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input type="checkbox"/> Very often
- Limbs	<input type="checkbox"/> Never	<input checked="" type="checkbox"/> Sometimes	<input checked="" type="checkbox"/> Often	<input type="checkbox"/> Very often

- | | | | | |
|---------------------|--------------------------------|---|---|--|
| - Black Out | <input type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Yawning | <input type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Emptiness | <input type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Freezing | <input type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Distancing | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input checked="" type="checkbox"/> Very often |
- Other (please specify) or comment to add precision to your answer

17) Do your emotional feelings often occur at the end of the sessions?

- Never Sometimes Often Very often

18) During your sessions do you experience a *Felt sense* (bodily emergence like a revelation, a surprise, a new meaning, a new awareness or knowledge of what is shown to you)?

- Never Sometimes Often Very often

19) Do you feel that your sessions are similar with respect to one another, like *déjà vu*?

- Never Sometimes Often Very often

20) During your sessions do you feel very close to the parts, like overwhelming?

- Never Sometimes Often Very often

21) During your sessions do you feel far away from the parts, like a neutral observer?

- Never Sometimes Often Very often

22) During your sessions do your emotions are difficult to feel or difficult to describe as if it is vague, uncertain, unclear?

- Never Sometimes Often Very often

23) During your sessions do you feel that invitations come too soon, or that the feeling goes away or becomes blurred or fade or escape after the invitation?

- Never Sometimes Often Very often

24) Do your sessions involve?

- | | | | | |
|---|---|---|---|--|
| - slow rhythm process | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input checked="" type="checkbox"/> Very often |
| - fast rhythm process | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - low and monotone tone of voice | <input type="checkbox"/> Never | <input type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input checked="" type="checkbox"/> Very often |
| - modulated tone of voice | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - few words, images, feelings | <input type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input checked="" type="checkbox"/> Very often |

25) At the end of your Focusing sessions do you have?

- | | | | | |
|-------------------|---|---|---|-------------------------------------|
| - Gratitude | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Deep relaxation | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Lightness | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Joy | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Peace, serenity | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input type="checkbox"/> Very often |
| - Space | <input checked="" type="checkbox"/> Never | <input checked="" type="checkbox"/> Sometimes | <input checked="" type="checkbox"/> Often | <input type="checkbox"/> Very often |

26) Since you are focusing, is there any change in the process itself or in your habits or behaviors, or any movement or progression? Yes Not really

- Other (please specify) or comment to add precision to your answer

27) Do you feel like blockages (or stagnation or even a sense of regression) in one or more area of your life? X Yes X Not really

If so, do you feel that there is forward life movement after your focusing sessions, or the blockage disappeared? Please specify.

If not, do you feel that the event changed or the persons around you changed or act differently? Please specify.

28) Your frequency of other practices that sustain *presence*?

- Self-empathy **X 1-2 times / month** 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- Meditation **X 1-2 times / month** 1-2 times / wk 3-4 times / wk ≥ 5 times / wk
- Nature (e.g. walk) **X 1-2 times / month** **X 1-2 times / wk** **X 3-4 times / wk** **X ≥ 5 times / wk**
- Doing art (ex. music) **X 1-2 times / month** **X 1-2 times / wk** **X 3-4 times / wk** **X ≥ 5 times / wk**
- Michael Brown presence Process: **X 1 time** **X 2 times** 3 times more than 3 times
- Other (please specify) or comment to add precision to your answer

29) Do you notice differences in your sessions if you are focusing alone or with a partner? X Yes X Not really

If so, please specify.

30) Questions or comments you would like to do or say? Yes Not really

If so, please specify.

Annex 4 - The Interview of Distant or Potential Distant Process Focusers

Following the Questionnaire, some answers were clarified for some Potential Distant Process focuser. Particularly, if the "Please specify" boxes were used, such as question 26, for example. In addition to these questions of clarification, the following questions were asked to all Potential Distant Process focusers.

1) If you had to tell, summarize the major steps of your story as a Distant Process focuser, what would they be?

2) Since you are focusing, are there any kinds of **lead in**, or **invitations**, or **feedback** that have particularly helped you get in touch with your emotions or feelings? If yes, which ones?

3) Since you have been focusing, have there been other things that have particularly helped you get in touch with your emotions or feelings?

4) During your sessions, have you met or felt like meeting a part that create distance? If yes, in what form / feeling do they create a distance (e.g. a veil, a fog, something subtle, like a presence, near the body (right or left side)?

If so, how did it happen or what made this contact / link possible, in your opinion?

5) If you had to suggest ways to do, suggestions to help distant focusers, which ones would that be?

6) Other things you would like to share in terms of your process (e.g., difficulties or celebrations)?