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FOCUSING ROUNDTABLE

Live Call – Online or by Phone

Crossing Focusing with Non-Violent Communication (NVC)

Hosted by Beatrice Blake, F. Javier Romeo-Biedma, & Frank O'Neill

Date: Saturday, May 25, 2019

Time: 12:00-2:00 Eastern Daylight Time (US)

convert to your time zone

The TIFI Membership Committee is pleased to offer this series of Focusing Roundtables designed especially for members of the Institute. This program will afford members a valuable opportunity to engage in casual peer-to-peer conversation with other members who share Focusing-related interests.

In this Roundtable, we'll explore the processes and principles of Focusing and NVC and how they might complement each other. Focusing and non-violent communication (NVC) both involve articulating a felt experience and hearing back an empathic reflection in order to generate connection and insight. However, in Focusing, a listener supports a personal emergence of forward movement via the felt sense, whereas in NVC a relational dialogue supports a transpersonal solution that meets universal needs. Just as Focusing has been found to work well with psychotherapy, contemplative practice, and creative projects, we want to explore how Focusing might be combined with NVC to foster personal and societal growth.

Who might be particularly interested in attending this Roundtable? Individuals who wish to deepen their understanding and practice of Focusing and/or NVC will be interested in this Roundtable. This Roundtable may be of interest to those teaching Focusing or NVC, and to anyone crossing Focusing with modalities other than NVC.

QUESTIONS we might explore together are:

1. Why do we need processes like Focusing and NVC? Why does this matter in our personal and public lives?
2. How might NVC and Focusing inform and complement each other? What are the main differences between NVC and Focusing? What skills does each process teach?
3. As Focusers, how might we bring these processes into our workplaces, schools, and institutions?

Suggested reading:

- “Crossing Focusing and Non-Violent Communication” by *F. Javier Romeo-Biedma, M.A.*
http://www.focusing.org/folio/Vol25No12014/FJavierRomeo-Biedma_2014.pdf
- “How Focusing and Nonviolent Communication Enhance Each Other “ by *Beatrice Blake, Certified Focusing Professional*
<https://possibility-space.com/how-nonviolent-communication-and-focusing-can-enhance-each-other/>

CONNECTION>CONVERSATION>COMMUNITY

What to expect from Focusing Roundtables: Each Focusing Roundtable is designed to promote informal peer-to-peer conversation. Rather than acting as expert presenters, the Hosts will serve as conversation moderators to encourage sharing and exploration of the topics from the participants' own perspectives. All participants' sharings are welcome and valuable, no matter what level of experience or knowledge you have on the topic. To preserve the nature of informal conversation, the program will be offered live only and no recordings will be available. Registration is limited and on a first-come, first served basis. Participants are encouraged to create follow up opportunities for connection among themselves after the Roundtable.

About your hosts:



Beatrice Blake is a Focusing Coordinator living in Vermont, USA. She is noted for her work teaching Focusing to community groups in El Salvador. She combines Nonviolent Communication and Focusing in her online classes called *Generating a Culture of Peace*. She also loves helping people find their unique gifts with Thinking at the Edge. Find out more at <https://possibility-space.com>.



F. Javier Romeo-Biedma is a clinical psychologist and certified Focusing Professional based in Madrid, Spain. He has been using Focusing when accompanying people with their inner processes and sharing it since 2009. He has also been using and teaching his understanding of Nonviolent Communication since 2007. He currently works with at-risk youth in a non-profit organization and has a private practice.



Frank O'Neill is a Focusing Trainer living in Santa Fe, New Mexico, USA. He is active in crossing Focusing with NVC and other forms of 'Emergent Dialogue' in group settings for the purpose of generating connection and mutual inquiry. He sees these modalities as each possessing certain skills of presence that people can learn to recognize and use for creating a new culture of felt communication.

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