Supplemental Readings

A list of suggested readings to accompany each CD are outlined below.

**CD 1 -- Therapy is the Larger Process: The Chair Does It**

*Focusing-Oriented Psychotherapy* by Gene Gendlin - Chapter 3

**CD 2 -- What the Client Does**

*Focusing-Oriented Psychotherapy* by Gene Gendlin - Chapter 4

**CD 3 -- What the Therapist Does**

*Focusing-Oriented Psychotherapy* by Gene Gendlin - Chapter 5

**CD 4 -- The Person, the Self-with-No-Content, Experiential Differentiation**

*Focusing-Oriented Psychotherapy* by Gene Gendlin - Chapter 21

**CD 5 -- How the Implicit Helps Us Understand the Organismic Direction of Change**

*Focusing-Oriented Psychotherapy* by Gene Gendlin - Conclusion, reading excerpts attached

**To purchase a copy of *Focusing-Oriented Psychotherapy* by Gene Gendlin, click here.**
“According to my theory a ‘pathological content’ is nothing but the lack of a certain further experiencing. ... When the missing further experiencing happens, I call it ‘carrying forward’. [In the excerpt,] what has functioned as an avoidance of life continues, becoming what it would have become if it were not stopped. It has now actually become a desire for life. In the minutes during which the client felt it directly from inside, she allowed it to continue into itself.” Focusing-Oriented Psychotherapy by Eugene Gendlin, p. 38.

Focusing first came from quantitative research into therapy, finding that clients who never made any internal contact could be predicted -- even from analyzing the first interview -- to fail in long-term therapy. So as not to embark on predictable failure, Gendlin and his students created “Focusing instructions” which could be used bit by bit to change the failure prediction. Research since that time has shown that the more clients have moments of contact with something not yet in words, the more successful they are. The fact that this can be measured reliably is striking.

Today, many therapists know how to invite Focusing, and many more would like to know how to do so. In this course we will look at what Focusing and the philosophy behind it (the implicit) brings to therapy, and some of the specific practical moves that follow.

Gene says today that the philosophy of the implicit has changed what psychotherapy is. It changes how we think about what a person is, and what we think is happening when a person is a client in psychotherapy.