

Ann Weiser Cornell, Ph.D.

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Author, Speaker, Teacher, Seminar Leader

Ann Weiser Cornell believes in the radical acceptance of everything inside us, and loves to help people get free of what is blocking them from becoming and living their full potential. She tells her own inspiring story of becoming free of writer's block by turning with compassion toward the blocking part. Through her talks, Ann touches the heart and inspires the mind to a sense of fresh possibilities. Ann has thirty years' experience helping people shift their relationship to difficult life situations and move forward in new ways. She is the author of *The Power of Focusing* and *The Radical Acceptance of Everything*. Ann's latest book is *Focusing in Clinical Practice: The Essence of Change*.

Selected Past Speaking Engagements

"Trauma, the Process Model, and Self-in-Presence: How Focusing is Essential for Releasing Trauma," at the Twentieth International Focusing Conference, Montreal, PQ Canada, May 2008

"Inner Relationship Focusing in Therapy," at the American Psychological Association Conference (Division 32: Humanistic Psychology), San Francisco, CA, August 2007

"Getting Unstuck: Facilitating Focusing," at NICABM (National Institute for the Clinical Application of Behavioral Medicine), Hilton Head, SC, December 2006

Selected Workshops

GoodTherapy.org, Online Workshop (2010)

Cape Cod Institute, Professional Learning Network, www.cape.org (2010)

Psychotherapy Networker, CE Phone Seminar (2005)

Esalen Institute, Big Sur, CA, eleven times (1995-current)

Japanese Focusing Association, Japan, seven times (1994-2008)

The Omega Institute, Rhinebeck, NY, three times (1989-1991)

Selected Publications

"Something New Here & Now: Breaking Free of the Habitual," in *Psychotherapy Networker*, 37/6, November/December 2013

Focusing in Clinical Practice: The Essence of Change. New York, NY: W. W. Norton, 2013.

The Radical Acceptance of Everything: Living a Focusing Life. Berkeley, CA: Calluna Press, 2005.

"An Invitation to Presence: Focusing Helps Clients Embrace Their Most Feared Emotions," in *Psychotherapy Networker*, 29/6, November/December 2005

The Focusing Student's and Companion's Manual, Parts One and Two, with Barbara McGavin. Berkeley, CA: Calluna Press, 2002.

The Power of Focusing: A Practical Guide to Emotional Self-Healing. Oakland, CA: New Harbinger Publications, 1996. (Both trade paperback and hardcover editions, translations into seven languages: Dari, Dutch, German,