



Seattle Counselor's Association Guest Speaker Title/Description/Bio:

Title:

Facilitating Presence – Unwinding Trauma
A Focusing-Oriented Approach to Therapy

Description:

Treating trauma and the effects of living with trauma require that therapists be able to facilitate a body-centered process that allows trauma memory to rise safely to the surface and be processed in the present without re-traumatization. The latest neuroscience studies point to the importance of a therapeutic relationship that offers a firmly attached attuned presence and a somatic orientation for working with implicit memory and the body.

Helping clients to be present and to interact with their body sensations opens a doorway for unwinding trauma safely. Focusing allows therapists to work with the speechless, frozen, and vicarious aspects of trauma by helping clients develop a safe inner relationship with their experience. Focusing helps therapists attend to their own unfolding experiencing, which is the key to using their inner knowing to facilitate the therapy process and to address transference and counter transference in the relationship.

You will learn about:

- The research that led to the discovery of Focusing.
- How Focusing has influenced much of the somatically oriented and mindfulness based work being done today.
- How Focusing offers a radically different understanding of the body; one that is inherently meaningful and implicitly wise.
- How to avoid the common dead-ends that intellectualization and emotional overwhelm lead to.
- How to help your clients dis-identify and become present with their emotional states and beliefs, so fresh experience emerges that leads to lasting change.
- How learning Focusing can be a practice you can use for personal and professional growth.

Lecture, discussion, and experiential activities will be used to facilitate an embodied experience and give you a chance to practice skills you can use immediately for yourself and with clients.

Bio:

A Focusing-Oriented Psychotherapist and Focusing Coordinator, Jeffrey Morrison practices in West Seattle and Vashon Island. He specializes in working with complex trauma and teaching Focusing to therapists and other healing professionals. Jeffrey holds Bachelor's degrees in Philosophy and Religion from Elmira College in New York, and a Master's degree in Existential Phenomenological Therapeutic Psychology from Seattle University. He has post-graduate training in Family Systems Therapy, Adlerian Psychology, and Focusing-Oriented therapy.

He has developed a training program for therapists and other healing professionals that includes the learning of Focusing and its application to therapy, spirituality, and working with complex trauma. Jeffrey studies and practices several methods for change, including Focusing, Zen meditation, and Feldenkrais.

He lives on Vashon Island with his wife, who is a teacher, and his teenage son and daughter. They enjoy their gardens, walking, and spending vacations near water.

For more information, please visit Jeffrey's website, at www.morrisontherapy.com