

## Listening to Embodied Relationships

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The ability to reflect on the bodily felt sense is a strong predictor of outcome in therapy. This project was designed to introduce focusing to experienced therapists who are using relational approaches, more specifically to Cognitive Analytic Practitioners and Psychotherapists.

The workshop introduced focusing both for participants' own use and for enabling them to help clients connect more fully with their relational selves. The workshop combined practical focusing exercises with theoretical dialogue around the complementarity of somatic focusing and cognitive analytic therapy.

Participants were given the opportunity to experience their own felt sense, to listen to this in a curious and non-judgemental way to acknowledge emerging meanings and bodily shifts. To demonstrate how each approach can enrich the other, anonymised case vignettes were presented to illustrate the integration of Focusing and Cognitive Analytic formulations. Participants were given the opportunity to sense into one of their current therapeutic relationships to illustrate the value of using their own felt sense effectively within the therapeutic relationship. Finally participants reflected on how focusing might be used in their personal and professional lives.

Following this, '*Embodiment*' became the main theme of the annual conference of the Association of Cognitive Analytic Therapy in London, June 2015.

This workshop remains available to any therapists and counsellors interested in integrating focusing into their therapeutic work.

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