

Please Reply to: robert@focusingnow.com

Dear Focusing Friends,

In New Jersey, Robert Lee will be presenting at the home of Beth Mahler, in Wayne, NJ, 5:30-8p on Thursday, January 26, on Domain Focusing, please contact for further information.

In Manhattan, Robert Lee will be facilitating an evening for NY Metro Focusing on 1/24/2020 on Domain Focusing.

For information on this event, please visit the following link: <http://www.nymetrofocusing.org/our-next-event-and-future-dates.html>

Lee's Domain Focusing (DF) is both innovative/new and deeply based in Eugene Gendlin's 6-step Focusing and Philosophy of the Implicit. From 1996-2012, Lee taught DF frequently in the NYC/Tristate area, energizing the Focusing movement here.

The fall of 2018 saw a renewal of interest in Domain Focusing when Robert began teaching in the New York area once again. Since October of that year, he has led three 4-day NYC intensives, with ongoing online work between each of the workshops. The weekend of January 24-27 is an opportunity to participate in and take forward this energized movement.

For those of you who don't know him, Robert Lee, PhD, Psychologist, is a highly esteemed Focusing Coordinator, international teacher, and theoretician. He is coming to us fresh from a successful teaching trip in China and is currently teaching groups in Germany, Spain, Italy, Japan, China, Australia, New York City, and North Carolina.

For more detail, see an elaboration of Robert's background at the end of this email.

After your NY Metro Focusing evening with Robert, there are three possible ways to continue with him:

1. For those who have previously engaged in deep Macro Shifting Domain Focusing work with him, he is offering a 5-hour workshop on Saturday, 1/25, from 1 - 6:00 pm. The fee for this is \$250. Early bird fee until 1/3/20 is \$200

To hold a space at the early bird rate, contact Robert directly at robert@focusingnow.com. Payment will be requested in early January, with a week to pay in order to claim the Early Bird rate.

2. For those new to Focusing or Domain Focusing (DF), he is offering a 5-hour Introductory workshop on Sunday, 1/26, from 1 – 6:00 pm.

This workshop can stand alone; but if one wishes, it also lays the groundwork for further training in DF for psychotherapists or DF for other professionals (separate groups).

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3. Each morning – Saturday, Sunday, and Monday, 1/25, 26, and 27 – from 9 to 11:30 a.m., he is offering guided DF sessions in small groups of 3 people, during which each person has the opportunity to work with Robert individually for 30-40 minutes.

The fee for this is \$220. Early bird fee until 1/3/20 is \$185

To hold a space at the early bird rate, contact Robert directly at robert@focusingnow.com. Payment will be requested in early January, with a week to pay in order to claim the Early Bird rate.

We hope to see you at one of these workshops!

More about **Robert Lee, PhD:** As Theoretician/Innovator, Lee developed a new kind of Focusing (Domain Focusing), a theory/practice for timely deep change for stubborn problems (Macroshifting), and a method for working with difficulties in felt sense formation. As Psychologist, he created a new structure and context for psychotherapy, a Focusing-implied approach to couple therapy (Empathic Opportunity Coupling), and special methods for anxiety, OCD, and depression.

He is developing a new architecture for a more effective psychotherapy by combining his methods of *Macroshifting* (timely deep change) and *Domain Focusing*. He has created *Cross-lingual Focusing Partnership* (partnership exchange with an imperfect second language), *Domain Focusing Partnership for Learning a Second Language*, *Elusive Felt Sensing* (a comprehensive approach for people with difficulties in felt sense formation) and *Empathic Opportunity Coupling* (couple psychotherapy). Between 2001 and 2012, he started 13 focusing training groups. From 2004-2010, he led the Advanced Certification Weeklong of The International Focusing Institute. Lee has mentored many successful Focusing Coordinators. He was mentored by Eugene Gendlin and by Clark Moustakas, two giants of Humanistic Psychology.

Lee offers online and in-person training programs in Domain Focusing and makes it easy to start **FocusingNOW**.

www.focusingnow.com; robert@focusingnow.com

NY Metro Focusing on 1/24/20: www.nymetrofocusing.org

Carrying Forward Gendlin – Energizing Tri-State (New York) Focusing

Domain Focusing includes the brilliant outline of Gendlin’s 6-step Focusing. It includes explicit training in thinking with the implicit which Gendlin’s philosophy advocates. In a creative innovation, Lee transforms Gendlin’s work with the Critic and the Focusing attitude into a Self-empathy Domain with elegant applications.

Moreover, Domain Focusing training includes DF guided sessions from Lee in groups of 2 and 3 where participants consistently report “minimal guiding” (a paradox!). See the magic and the power in the demonstration session. Is this a new kind of psychotherapy, a new kind of growth?

For psychotherapists and other professionals: Domain Focusing (DF) training aspires to function at a Meta level to your psychotherapeutic orientation and professional philosophy empowering them. DF strengthens your integrity, your capacity for egalitarian growth, your capacity for empathy and self-empathy.