

Asian Focusing International Conference Workshop Agenda								
Date	Time	Titel	Form	Person	Translator	Chairman	People	Room
Nov.5	8:30-11:30	The Unchangeable (Macroshifting)	Before Conference Workshop	Robert Lee	Ji Li (Lillian)	Li Ming	50	Jun Xiu Building 223
Nov.6	13:30-16:30	Urban Retreat						
Nov.7	8:00-8:30	Register	Sign in					
Nov.8	8:30-9:15	The Opening Ceremony	The Opening Ceremony	Xu Yongwei\Hao Ning\Zhang Qi\Catherine Torpey, Akira Ikem\Eunsun Joo\Xu Jun	Ji Li (Lillian)	Xu Yongwei	All	Science Hall
	9:30-10:45	Brief History of "Felt Sense" In East Asian before Focusing Appearance: Chinese, Book of Change, Dewu and Riddles, Qigong, Investigate a Topic	Workshop	Xu Jun	Ji Li (Lillian)	Xu Yongwei	All	
	10:45-12:00	Keynote Speech: Focusing	Workshop	Ann Welser Cornell	Ji Li (Lillian)	Jiang Hui	All	
	--Noon Break--							
	13:30-14:20	A study on the relationship between focusing attitude and mental health in daily life	Presentation	Kumiyu Sakai	Sun Qunqing	Hong Mei	No Limit	Tian Jiabing Building 405
	14:30-17:00	How to use Wholebody Focusing to cure a patient with depression?		Liu Yu'E		Hong Mei	No Limit	Tian Jiabing Building 405
	14:00-17:00	Finding Joy and Energy Inside: The Power of Taking Care of Yourself	Experiential Workshop	Akiko Doi	Zhou Jiang	Liu Yin	40	Tian Jiabing Building 309
	14:00-17:00	Buddhism and Focusing	Seminar	Shoji Tsuchie\Akira Tadayuki Murasato\Shimpel Okamura\Li Ming\Xu Jun	Mao Tianqi\Jian Yuan Hui Ling	Li Ming	No Limit	Jun Xiu Building 223
	14:00-17:00	Focusing Applied to Internal Arrangement Integration	Workshop	Lin Zhipel, Wang Yuting		Wu Yuping	20	Wen Shi Building 208
	14:00-16:30	Children Focusing	Workshop	Masumi Maeda and Meko Ito	Hong Mei\Niu Qiaoqiao	Wu Keying	No Limit	Tian Jiabing Building 305
	14:00-16:30	In the Footsteps of Gendlin's Thought-Ways (TAE)	Experiential Workshop	Evelyn Fendler Lee\Robert Lee	Ji Li (Lillian)\Li Heng lu (Victoria)	Jiang Hui	No Limit	Tian Jiabing Building 313
	16:30-18:30	Game (invite everyone to join after the workshop)						Tian Jiabing Building 109
	14:00-16:30	How to Use Visual Images to Promote Experience and Self-	Workshop	Tian Kai		Ling Li	No Limit	Jun Xiu Building 211
	14:00-16:30	Focusing oriented expression art workshop: experience sharing for students with special learning needs, emotional difficulties and communication difficulties in traditional primary schools	Experiential Workshop	Guo Peijun (Katherine) Xi Zhixiong (Joseph Sing)		Zhang Hongyun	20	Jun Xiu Building 303
	14:00-16:30	Theory and practice of focusing group	Experiential Workshop	Zhu Xu		Wang Guang	30	Wen Shi Building 308
Nov.9	8:30-11:30	Clinical Application of the Larger Relational Body in Wholebody Focusing Oriented Therapy	Experiential Workshop	Karen Whalen\Xu Yongwei\Jiu Yu\Eling Li\Li Ling\Zhang Hui	Ji Li (Lillian)	Xu Yongwei	No Limit	Tian Jiabing Building 132
	8:30-11:30	Thematic Workshop on Female Intimacy	Workshop	Wu Keying\Li Ling		Wang Li	No Limit	Wen Shi Building 118
	8:30-11:30	A study on the Meaning In Life (MIL) of Focusing-oriented therapists	Presentation	Miao Hong, Eunsun Joo	Jin Tian	Jin Tian\Xu Jun	No Limit	Tian Jiabing Building 124
		A Counselor's experiences of Focusing-oriented personal therapy using autoethnographic approach		Eunsun Joo, Juyeon Go				
		A study on the experience of Focusing poetry-art work' on recovery of emotional and physical health among disabled peer counselors		Eunsun Joo, Sung-Mi Lee				
		The experience of lessening distance exercise in Focusing group		Eunsun Joo, Younghyun				
		Narrative study on the Focusing attitude training experience through participation of Focusing workshop		Eunsun Joo, Dongshin Suh, Sahrang Lee				
	8:30-11:30	An exploratory study on the intervention of stress perception of college students by clearing space in Focusing Therapy		Li Liang				
		Application of Focusing Self-In-presentation In Daily Life —Taking the Influence on Psychological health of College Students as an Example		Pan Dandan				
	8:30-11:00	Stopped Process, Trauma Healing, and Inner Relationship	Workshop	Ann Welser Cornell	Li Henglu (Victoria)	Xin Zhixiong (Joseph)	No Limit	Tian Jiabing Building 128
	8:30-11:00	Focusing and Meditation: How to Use Miscellaneous Thoughts	Presentation	Shoji Tsuchie	Sun Qunqing	Jiang Hui	No Limit	Wen Shi Building 101
	8:30-11:00	Focusing with Riddle: Functions of Crossing	Presentation	Shimpel Okamura	Niu Qiaoqiao	Hong Mei	No Limit	Wen Shi Building 104
	8:30-11:00	The function of focusing cross in promoting experience and breaking the deadlock in dynamic therapy		Wu Yanru		Wang Xiaofang	No Limit	Wen Shi Building 105
	8:30-11:00	Focusing on Prison	Presentation & Workshop	Zhang Shuwel, Huang Hulwen, Zhang Hulmel		Liu Yin	30	Wen Shi Building 110
	8:30-11:00	PCAGIP DREAMWORK: An experiential group crossing with a dream	Workshop	Yusuke Tsutsui	Zhou Jiang	Wang Guang	15	Wen Shi Building 207
	8:30-11:00	From Small Felt Sense to Big Felt Sense—Throughout the whole process of Focusing from Gendlin's Philosophy	Presentation	Li Ming		Xie Ping	20	Wen Shi Building 208
	--Noon Break--							

# 寻找内心的快乐和能量：照顾自己的力量

土井晶子

## **Finding Joy and Energy Inside: The Power of Taking Care of Yourself**

Akiko Doi, Ph.D.

**Abstract:** Many people are suffering from stress and stress-related symptoms and losing confidence and hope for life. In many workplaces and schools, helping professionals or care-givers, including nurses and psychotherapists, are in charge of the mental health care; however, they often forget to take care of themselves while giving care to others. I have been using Focusing for the helping professionals for their own self-care; the workshops have been welcomed and helpful for the participants to find their resilience. In this experiential presentation, I would like to invite the participants to remember how it feels to be taken care of and try some experiential Focusing-based exercises. You can find yourself relieved from stress and notice that there have always already been joy and energy within. Feeling the sense of being taken care of will help you regain life-affirming energy and the sense of connection to the world.

### Short-bio

Akiko Doi, Ph.D. is Professor, Department of Psychology, Kobe Gakuin University, in Kobe, Japan. She is a certified clinical psychologist and a Focusing Professional. While seeing clients in companies and the Self Defense Forces, she has been offering workshops using the essence of Focusing for self-care.