

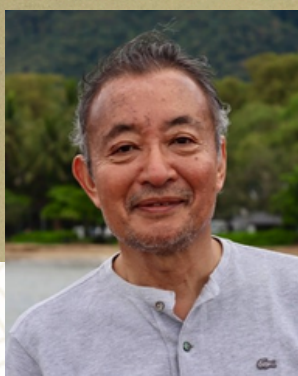
2 DAYS

18 & 19 JAN, 2025

“INNOVATIONS IN FOCUSING: BRIDGING EASTERN AND WESTERN PERSPECTIVES WITH PROF. AKIRA IKEMI”

In this two days workshop, Prof. Akira Ikemi will share his original perspectives on Focusing, as well as his innovative contributions to the field. His insights include a distinction between what he terms "Focusing-alpha" and "Focusing-beta." The concept of "Focusing-alpha" will be traced back to Eugene Gendlin's early theoretical works. Dr. Ikemi will bring "Focusing-alpha" to life through several experiential exercises he has developed, such as "Crossing with Animals" and "漢字 Focusing."

Participants will also explore Prof. Ikemi's latest advancements in Focusing, specifically the "Asian Focusing Methods (AFM)," which synergize elements of Focusing and Mindfulness. In addition to practicing AFM, the workshop will facilitate discussions on the practical and theoretical implications of integrating Eastern and Western thought within Focusing practice.



About the Trainer:

Akira Ikemi, Ph.D. Clinical Psychologist, Focusing-Oriented Psychotherapist Professor: Kansai University Faculty of Health & Well-Being and the Graduate School of Psychology

Akira Ikemi, Ph.D., a former student of Gendlin at the University of Chicago, worked in medical settings and corporate mental health in Japan before pursuing full-time academic positions. He is currently Professor of Psychotherapy at Kansai University's Faculty of Health and Well-Being and the Graduate School of Psychology. He has served on the board of the International Focusing Institute and holds board memberships in several academic organizations in Japan and the UK. He was named "Living Luminary" by the Journal of Humanistic Counseling (American Counseling Association) and received the prestigious Japanese Association for Humanistic Psychology Award.

Registration Fee: HKD3000 (Members of International Focusing Institute, HKPS and MSRP before early bird deadline on Jan 3, 2025)

HKD4000 (non-members or after early bird deadline)
Registration link: <https://forms.gle/njqAeeb8YDNPokXAA>



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