



Ann Weiser Cornell: Inviting Experiential Process with Clients Who “Just Want Help”

Eugene Gendlin said that we can help half of our therapy clients just by inviting them to feel in their bodies. But what about the other half? They don't want to do something as “weird” as feeling in their bodies. They just want help!

It's quite possible to bring an experiential mode of awareness to clients like this... without talking about “Focusing,” and without mentioning the body.

This is done through subtle empathic prompts and un-intrusive invitations, set within a matrix of empathic attunement and relational awareness. These subtle prompts can be done within any modality of psychotherapy.

Ann Weiser Cornell, PhD, is the author of *Focusing in Clinical Practice: The Essence of Change and The Power of Focusing*. She is internationally recognized as one of the leading innovators and theoreticians of Focusing, the experiential method developed by Eugene Gendlin, and as a psychology educator. She has worked as a clinician trained in the person-centered approach and now teaches Focusing worldwide. She is a Past President of the Association for Humanistic Psychology.