

**Time first day - DAY1 - Thursday 10 May**

07:00 07:30	A: the big room
07:30 08:00	B: the "playroom"
08:00 08:30	C: the "tavern"
08:30 09:00	D: the small room
09:00 09:30	E: outside (e.g. yards, verandas, spots, beach, etc.)



09:30 10:00
10:00 10:30
10:30 11:00
11:00 11:30
11:30 12:00
12:00 12:30
12:30 13:00
13:00 13:30

Conference Webpage: <http://efa2018.weebly.com>

European Focusing Association: <http://efa-focusing.eu>

e-mail: [efa@efa-focusing.eu](mailto:efa@efa-focusing.eu)

13:30 14:00	Lunch (Restaurant)
14:00 14:30	(NOT included in the fees)

2,5 hours

14:30 15:00	<b>Registration</b>
15:00 15:30	
15:30 16:00	
16:00 16:30	
16:30 17:00	

2,5 hours

17:00 17:30	(A and/or Outside)
17:30 18:00	<b>Introduction to the Conference</b>
18:00 18:30	<b>Welcome Evening</b>
18:30 19:00	(Unfolding the Greek culture)
18:30 19:00	Sharing
19:00 19:30	<b>Open Space-Topics</b>

19:30 20:00	<b>Dinner</b> (19:30-21:30) (Restaurant)
20:00 20:30	

2 hours

20:30 21:00	<b>Open Space - Sharing</b> <b>Creation of Interest Groups</b>
21:00 21:30	
21:30 22:00	
22:00 22:30	
22:30 23:00	

...more...

**Time last day - DAY5 - Monday 14 May 2018**

07:00 07:30					
07:30 08:00					
08:00 08:30	<b>Breakfast</b> (07:30-10:30) (Restaurant)				
08:30 09:00					
09:00 09:30	<b>Plenary Session</b>				
1,5 hour	09:30 10:00	<b>(room A)</b>  <b>EFA</b> <b>General Assembly</b>  90 min	(B) L/W/IG <b>extra or</b> repetition	(B) L/W/IG <b>extra or</b> repetition	(B) L/W/IG <b>extra or</b> repetition
	10:00 10:30		if needed	if needed	if needed
	10:30 11:00				
<b>11:00 11:30 Coffee Break</b> (Bar)					
1 hour	11:30 12:00	(room A) <continuing>			
	12:00 12:30	<b>Feedback from Groups</b> <b>ResultsDiscussionPanel</b>			
1 hour	12:30 13:00	<b>Closing Group</b> (facilitated)			
	13:00 13:30	<Closing>			
<b>13:30 14:00 Lunch &lt;Closing&gt;</b> (Restaurant)					
<b>14:00 14:30 Lunch &lt;extented&gt;</b> (Restaurant)					

15:00 15:30 Departures

15:30 16:00 Farewells

16:00 16:30

16:30 17:00

17:00 17:30

17:30 18:00

18:00 18:30

18:30 19:00

19:00 19:30

19:30 20:00

20:00 20:30

20:30 21:00

21:00 21:30

21:30 22:00

22:00 22:30

22:30 23:00



**Facets of Focusing**

1st European Focusing Conference

May 10-14, 2018 - Loutraki, Greece

Time		DAY 2 - Friday 11 May 2018				
07:00 07:30		A: the big room	B: the "playroom"	C: the "tavern"	D: the small room	E: outside
07:30 08:00						
08:00 08:30 08:30 09:00		<b>Breakfast</b> (07:30-10:30) (Restaurant)				
09:00 09:30		<b>Plenary Session</b>				
1,5 hour	09:30 10:00	<b>(A) Lecture</b> Mia Leijssen  Living Forward. The challenge of carrying forward Gendlin's legacy.  60 min + 30 min Dialogue	<b>(B) Workshop</b> Marine de Fréminville Calliope Callias  Born in One Land And Living in Another: Carrying "it" forward creatively.  90 min	<b>(C) Workshop</b> Claude Missiaen  Facing your existential demons: Experiential workshop on focusing from your safe place  90 min - 18/20 people max	<b>(D) L/W/IG/extra or repetition</b>	
	10:00 10:30					
	10:30 11:00					
11:00 11:30		<b>Coffee Break</b> (Bar)				
1 hour	11:30 12:00	<b>(A) Lecture</b> Donata Schoeller  Felt Sense - a beautiful yet misleading term 60 min	<b>(B) Lecture</b> Alan Tidmarsh  Eigentlichkeit (owned-ness/authenticity) and therapy with an uninvited guest 60 min	<b>(C) Workshop</b> Ruth Hirsch  Building Inner Strengths to Heal Your Inner Critic  90+ min - 20 people max	<b>(D) L/W/IG/extra or repetition</b>	
	12:00 12:30					
	12:30 13:00					
13:00 13:30		<b>Interest Groups</b> (or even Focusing in Pairs)			<b>Interest Groups</b> (or even Focusing in Pairs)	
13:30 14:00 14:00 14:30		<b>Lunch</b> (Restaurant)				
14:30 15:00		<b>Personal Time</b>				
1,5 hours	15:00 15:30	<b>(A) Panel</b> Eleonore Schudek, Kurt Schley, Hejo Feuerstein <b>Part1</b>  Experiential concepts in professional practice 90 min	<b>(B) Workshop</b> Anna Karali  The Greek myth of "Ariadne's Thread" as navigator to our implicit labyrinths... 90 min	<b>(C) Workshop</b> Irit Tessel  Focusing in Health 90 min - 30 people max	<b>(D) Workshop</b> Donata Schoeller  A Process Model 90 min - 20 people max	
	15:30 16:00					
	16:00 16:30					
16:30 17:00		<b>Coffee Break</b> (Bar)				
1,5 / 2 / 2,5 hours	17:00 17:30	<b>(A) Panel</b> Eleonore Schudek, Kurt Schley, Hejo Feuerstein <b>Part2</b>  Experiential concepts in professional practice 90 min	<b>(B) Workshop</b> Atsmaout Perlstein  Relational Aspects of Interactive Focusing and Mindfulness: Implications in Couple's and Family 150 min - 20/24 people max  (ends 19:30)	<b>(C) Workshop</b> Greg madison  Upscaling Focusing: Can we take an individual practice as a template for social and community organising? 120 min - 30 people max (ends 19:00)	<b>(D) L/W/IG/extra or repetition</b>	
	17:30 18:00					
	18:00 18:30					
	18:30 19:00					
19:00 19:30		<b>Interest Group ?</b>				
19:30 20:00 20:00 20:30		<b>Dinner</b> (19:30-21:30) (Restaurant)				
20:30 21:00		<b>Event(s)</b>	<b>Personal Time</b>		more	more
21:00 21:30		Conference Webpage: <a href="http://efa2018.weebly.com">http://efa2018.weebly.com</a>				
21:30 22:00		EFA (European Focusing Association): <a href="http://efa-focusing.eu">http://efa-focusing.eu</a> e-mail: <a href="mailto:efa@efa-focusing.eu">efa@efa-focusing.eu</a>				

Time	DAY 3 - Saturday 12 May 2018				
07:00 07:30	Excursion Epidaurus Mycenae (departure 07:00 - return 13:30/14:00)				
07:30 08:00	A: the big room	B: the "playroom"	C: the "tavern"	D: the small room	E: outside
08:00 08:30 08:30 09:00	Breakfast (07:30-10:30) (Restaurant)				
09:00 09:30	Plenary Session for structuring <span style="float:right">Self-Organising/Self-Organised Events/Lectures/Workshops</span>				
1.5 hour 09:30 10:00 10:00 10:30 10:30 11:00	(A) L/W/IG/extra or repetition Self-Organising	(B) L/W/IG/extra or repetition Self-Organising	(C) L/W/IG/extra or repetition Self-Organising	(D) L/W/IG/extra or repetition Self-Organising	Self-Organising
11:00 11:30	Coffee Break (Bar)				
1 hour 11:30 12:00 12:00 12:30	(A) L/W/IG/extra or repetition Self-Organising	(B) L/W/IG/extra or repetition Self-Organising	(C) L/W/IG/extra or repetition Self-Organising	(D) L/W/IG/extra or repetition Self-Organising	Self-Organising
12:30 13:00 13:00 13:30	Interest Groups (or even Focusing in Pairs) Self-Organising				
13:30 14:00 14:00 14:30	Excursion Returns back - Lunch (Restaurant)				
14:30 15:00	Personal Time				
1.5 hours 15:00 15:30 15:30 16:00 16:00 16:30	(A) Lecture/Workshop Pavlos Zarogiannis Nikolaos Kypriotakis Focusing, Critical Theory and New Materialism 30 min Lecture + 60 min Workshop	(B) Workshop Nada Lou  Think Different (TAE)  90 min	(C) Workshop Patricia Foster Eirini Davleri Presence In-Action through Focusing as a Life Skill 90 min - 20/24 people max	(D) L/W/IG/extra or repetition	
16:30 17:00	Coffee Break (Bar)				
1.5 / 2 / 2.5 hours 17:00 17:30 17:30 18:00 18:00 18:30 18:30 19:00 19:00 19:30	(A) Lecture Elli Avgerinou (15/20 min) The establishment of HAPCEA in Greece; the contribution to the Greek society (A) Lecture Christiane Geiser, Judy Moore (60 min + 30 min Dialogue) Beyond Rogers, beyond Gendlin: widening our understanding of the theory (ends 19:00)	(B) Workshop Teresa Dawson  Sleeping and Dreaming  90-120 min	(C) Workshop Antigoni Tsegeli  Deep Connection... Touch of Shiatsu, Focusing and Body-Mind  120 min - 20 people max  (ends 19:00)	(D) L/W/IG/extra or repetition	
19:30 20:00 20:00 20:30	Dinner (19:30-21:30) (Restaurant)				
20:30 21:00 21:00 21:30 21:30 22:00	Event(s)	Personal Time	more	more	
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Time	DAY 4 - Sunday 13 May 2018				
07:00 07:30	A: the big room	B: the "playroom"	C: the "tavern"	D: the small room	E: outside
07:30 08:00					
08:00 08:30 08:30 09:00	<b>Breakfast</b> (07:30-10:30) (Restaurant)				
09:00 09:30	<b>Plenary Session</b>				
1,5 hour	09:30 10:00	<b>(A) Lecture Campbell Purton</b>	<b>(B) Workshop Annat Gal-on</b>	<b>(C) Workshop Gerd Parquin</b>	<b>(D) L/W/IG/extra or repetition</b>
	10:00 10:30	A new approach to understanding Focusing	HomeFocusing - Focusing Oriented Relationships	Focusing and Movement. Feeling Safe.	
	10:30 11:00	60 min + 30 min Dialogue	90 min - 20 people max	90 min 16/18 people max	
11:00 11:30	<b>Coffee Break</b> (Bar)				
1 hour	11:30 12:00	<b>(A) Lecture Frans Depestele</b>	<b>(B) Lecture MEG (Maria Emanuela Galanti)</b>	<b>(C) Panel Heidrun Essler, Maria Kyriakidou Zoe Voulgaraki, Joke Van Hoeck</b>	<b>(D) L/W/IG/extra or repetition</b>
	12:00 12:30	A process theory of physical illness: medicine and psychotherapy 60 min	... But Focusing implies a regression  60 min	Children / Parents / Focusing  60-90-120 min	
	12:30 13:00 13:00 13:30	<b>Interest Groups</b> (or even Focusing in Pairs)		<b>Interest Groups</b> (or even Focusing in Pairs)	
13:30 14:00 14:00 14:30	<b>Lunch</b> (Restaurant)				
14:30 15:00	<b>Personal Time</b>				
1,5 hours	15:00 15:30	<b>(A) Lecture Jenny White</b> (60 min)	<b>(B) Workshop Bilha Frolinger</b>	<b>(C) Workshop Tine Swyngedouw</b>	<b>(D) L/W/IG/extra or repetition</b>
	15:30 16:00	Research Implications from Focusing With Music  <b>Short Presentation</b>	How nurturing and practicing resiliency in daily living helps in times of crises?  90 min	Interactive Focusing as an Instance of ReLiFo  90+ min	
	16:00 16:30	<b>Michael Callifronas</b> (30 min) Focusing and the Duck Shuffle			
16:30 17:00	<b>Coffee Break</b> (Bar)				
1,5 / 2 / 2,5 hours	17:00 17:30	<b>(A) Workshop Mia Leijssen</b>	<b>(B) Workshop Ifat Eckstein</b>	<b>(C) Workshop Yehudit First</b>	<b>(D) Workshop Sofia Papoutsi</b> (Ιφιγένεια εν Σώματι) (Gr: Iphigenia en Somati)
	17:30 18:00	Existential Wellbeing Counseling	The Art of Feeling Whole	Social Oriented Focusing	Iphigenia Embodied or My Iphigenia
	18:00 18:30 18:30 19:00	120 min (ends 19:00)	120 min (ends 19:00)	120 min - 20 people max (ends 19:00)	120 min - 10/20 people max (ends 19:00)
	19:00 19:30	<b>Dialogue</b>			
19:30 20:00 20:00 20:30	<b>Dinner</b> (19:30-21:30)				
20:30 21:00	<b>Event(s)</b>	<b>Personal Time</b>	more	more	
21:00 21:30	Conference Webpage: <a href="http://efa2018.weebly.com">http://efa2018.weebly.com</a>				
21:30 22:00	EFA (European Focusing Association): <a href="http://efa-focusing.eu">http://efa-focusing.eu</a> e-mail: <a href="mailto:efa@efa-focusing.eu">efa@efa-focusing.eu</a>				