



# Focusing-Oriented Psychotherapy: A Manual of the Experiential Method

*Eugene T. Gendlin PhD*

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## **Focusing-Oriented Psychotherapy: A Manual of the Experiential Method** Eugene T. Gendlin PhD

Examining the actual moment-to-moment process of therapy, this volume provides specific ways for therapists to engender effective movement, particularly in those difficult times when nothing seems to be happening. The book concentrates on the ongoing client therapist relationship and ways in which the therapist's responses can stimulate and enable a client's capacity for direct experiencing and "focusing." Throughout, the client therapist relationship is emphasized, both as a constant factor and in terms of how the quality of the relationship is manifested at specific times. The author also shows how certain relational responses can turn some difficulties into moments of relational therapy.

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