

Focusing CV Vera Rolfine Fryd Lyngmo

Born 1978



I have been a member of The International Focusing Institute since 2010

Certified Focusing Trainer since February 20218, recommended by Kay Hoffmann and approved by Catherine Torpey on behalf of TIFI.

Courses and events attended

Activity	Persons	Date
Introduction to Focusing coaching education – 2 first “levels” (Partnerships included)	Teacher: Birte Robbins	2009
Focusing skills, levels 2-5 (Partnerships included)	Teacher: Peter Afford	2010-2011
Thinking with the Felt Sense (Partnerships included)	Teacher: Peter Afford	2010
Focusing and Dreams (Partnerships included)	Teacher: Peter Afford	UK Focusing School 2011
Focusing level one, Inner Relationships Focusing – the door opens (Partnerships included)	Teacher: Ann Weiser Cornell (in person at the International Focusing Summer School in New York)	FISS2012
Introduction to Wholebody Focusing	Teacher: Kevin McEvenue	FISS2012
Introduction to «Being seriously playful»	Teacher: Rene Veugeler	FISS2012
Discover your unlived life	Teacher: Ann Weiser Cornell	FISS2012
Demonstrating Facilitating Focusing	Teacher: Ann Weiser Cornell	2012
Get bigger than what’s bugging you (e-course)	Teacher: Ann Weiser Cornell	2012
How the new can come (online)	Teachers: Ann Weiser Cornell and Gene Gendlin	May-June 2012
Radical Gentleness (online)	Teacher: Ann Weiser Cornell	2013
The Zig Zag between concepts and felt sense (online)	Teachers: Ann Weiser Cornell and Gene Gendlin	2013
Focusing, Philosophy and changing the world (online)	Teachers: Ann Weiser Cornell and Gene Gendlin	2013
4 levels of Inner Relationship Focusing training (online) (Partnerships included)	Teachers: Ann Weiser Cornell, Carol Nickerson and Lucinda Hayden	2012-2014

Conversations at the edge (online)	Teachers: Gene Gendlin and Ann Weiser Cornell	2015
Untangling (online) (Partnerships included)	Teachers: Ann Weiser Cornell and Barbara McGavin	2015
Treasure Maps to the Soul Retreat in Italy (Partnerships included)	Teachers: Ann Weiser Cornell and Barbara McGavin	2015
Advanced Treasure Maps to the Soul Retreat in Switzerland (Partnerships included)	Teachers: Ann Weiser Cornell and Barbara McGavin	2015
Navigating the Edge (online) (Partnerships included)	Teachers: Ann Weiser Cornell and Barbara McGavin	2015
Sharing Focusing with Groups – advanced trainer in training course (Partnerships included)	Teacher: Kay Hoffmann	Jan 28 th -28 th 2018
Introduction to Focusing and listening skills – blocks 1 through 5 (online) (Partnerships included)	Teacher: Kay Hoffmann	Feb-June 2018

Assisting on courses and retreats

I have been an assistant to other certified Focusing professionals on the following courses:

Activity	Persons	Date
Treasure Maps to the Soul Retreat	Ann Weiser Cornell and Barbara McGavin	June 2016 – Plön, Germany (regular) August 2016 – Edenvale, Canada (regular) August 2016 – Edenvale, Canada (advanced) April/May 2017 – Aegina, Greece (regular) May 2017 – Aegina, Greece (advanced) June 2018 - Plön, Germany (advanced)
Navigating the Edge (online)	Ann Weiser Cornell and Barbara McGavin	September – December 2016
Level 1 Inner relationship Focusing (online)	Lucinda Hayden	November 2016
Untangling (online)	Ann Weiser Cornell and Barbara McGavin	September 2017
Untangling part 2 (online)	Ann Weiser Cornell and Barbara McGavin	November 2017

Teachings or sessions one on one:

I have taught Focusing to friends, students and clients one on one since 2010

I have given sessions to people (which means that they have come back for sessions after learning one on one) fairly regularly since 2015, and before that, sporadically, both in person, online and on chat

Teaching Focusing to groups

I gave several Introductory Workshops on Focusing in 2010, then started again in 2016. I have also taught a bit about Focusing while I was an assistant professor at The Norwegian University of Science and Technology (NTNU), between 2013 and 2016

My own Focusing work

Ongoing private sessions with another Focusing professional for my own development	More or less regularly since 2012 (Ann Weiser Cornell, Barbara McGavin, Kay Hoffmann)
Regular Focusing partnerships	Sporadically between 2012 and 2015. Regularly, with multiple partners, since June 2015
Focusing alone – or Focusing in everyday life	Growing more and more regular over the years since 2009
Mentoring sessions toward my Certification	with Peter Afford, Kay Hoffmann, Stefan Ebert, Barbara McGavin

Translation work – English to Norwegian

I am working on translating articles on Focusing to Norwegian

Author	Title	Published
Barbara McGavin	The victim, the critic and the inner relationship	On Focusing Resources' website
Eugene Gendlin	A small, still voice	In progress
Ann Weiser Cornell	The seven secrets to getting unblocked	In progress

Other Focusing relevant activities

I used Focusing as my data collection method for my Master's thesis finished in 2011. Thesis called "*Touch is everything – A Focusing-oriented phenomenological study of three health workers' felt senses of physical touch and its underlying dimensions*".

It can be found on this link: https://www.academia.edu/1043035/Touch_is_Everything

Published work:

Teigen, V. R. (2015). Den levde kroppens plass i rådgivning. In Kvalsund, R. & Fikse, C. *Rådgivningsvitenskap. Helhetlige rådgivningsprosesser; relasjonsdynamikk, vekst, utvikling og mangfold*. Trondheim: Fagbokforlaget

Discussing and developing Focusing theory with Ann Weiser Cornell and Barbara McGavin – Treasure Maps related – 2016 and onwards

Discussing and developing Focusing theory with Stefan Ebert since 2015

Ongoing work with **translations** of the "Focusing language" to Norwegian

Using parts of Focusing in my "Stress management" group that I lead once a week from January 2016-April 2018, at Fides, Stjørdal.

Changes group for participants on Kay Hoffmann's Introduction to Focusing, after the last block ended. Starting Thursday July 5, 2018.

Reading of Focusing related articles and books to keep updated on the theory and developments