

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 2018, recommended by Kay Hoffmann and approved by Catherine Torpey on behalf of TIFI.

Courses and events attended

Teachers	Activity	Date
Birte Robbins	Introduction to Focusing coaching education – 2 first “levels” (Partnerships included)	2009
Peter Afford	Focusing skills, levels 2-5 (Partnerships included)	2010-2011
	Thinking with the Felt Sense (Partnerships included)	2010
	Focusing and Dreams (Partnerships included)	UK Focusing School 2011
Ann Weiser Cornell (in person at the International Focusing Summer School in New York)	Focusing level one, Inner Relationships Focusing – the door opens (Partnerships included)	FISS2012
Kevin McEvenue, New York	Introduction to Wholebody Focusing	FISS2012
Rene Veugeler	Introduction to «Being seriously playful»	FISS2012
Ann Weiser Cornell	Discover your unlived life	FISS2012
	Demonstrating Facilitating Focusing	2012
	Get bigger than what’s bugging you (e-course)	2012
	Radical Gentleness (online)	2013
Ann Weiser Cornell and Gene Gendlin	How the new can come (online)	May-June 2012
	The Zig Zag between concepts and felt sense (online)	2013
	Focusing, Philosophy and changing the world (online)	2013
	Conversations at the edge (online)	2015
Ann Weiser Cornell, Carol Nickerson and Lucinda Hayden	4 levels of Inner Relationship Focusing training (online) (Partnerships included)	2012-2014
	Untangling (online)	2015

Ann Weiser Cornell and Barbara McGavin	(Partnerships included)	
	Treasure Maps to the Soul Retreat in Italy	2015
	(Partnerships included)	
	Advanced Treasure Maps to the Soul Retreat in Switzerland	2015
Kay Hoffmann	(Partnerships included)	
	Navigating the Edge (online)	2015
	(Partnerships included)	
Peter Gill	Sharing Focusing with Groups – advanced trainer in training course	Jan 28 th -28 th 2018
	(Partnerships included)	
Lynn Preston	Introduction to Focusing and listening skills – blocks 1 through 5 (online) (Partnerships included)	Feb-June 2018
	(Partnerships included)	
Peter Gill	The dreaming body – focusing and dreams	Nov-dec 2019
Lynn Preston	International Online Relational Reading Seminar	April-June 2019, September-November 2019, January-March 2020
Rob Parker	Exploring Gendlin's Philosophy with Rob Parker. A Process Model webinar	January 2020-

Assisting on courses and retreats

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

Persons	Activity	Date
Ann Weiser Cornell and Barbara McGavin	Treasure Maps to the Soul Retreat	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)
Ann Weiser Cornell and Barbara McGavin	Navigating the Edge (online)	September – December 2016
	Untangling (online)	September 2017
	Untangling part 2 (online)	November 2017
Lucinda Hayden	Level 1 Inner relationship Focusing (online)	November 2016

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. I teach Focusing and listening skills, or Felt Sensing and With Sensing, as I call it, both in English and Norwegian, online and in person

I also give advanced courses online and in person, such as “Being a person with another person”, and courses on how to stay with a life issue, with Focusing, over time.

My own Advanced Focusing workshops

Being a person with another person	7-week course
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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

Changes group host since July 5, 2018-
I used Focusing as my data collection method for my Master's thesis finished in 2011. Thesis called " <i>Touch is everything – A Focusing-oriented phenomenological study of three health workers' felt senses of physical touch and its underlying dimensions</i> ". 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. <i>Rådgivningsvitenskap. Helhetlige rådgivningsprosesser; relasjonsdynamikk, vekst, utvikling og mangfold</i> . Trondheim: Fagbokforlaget
Discussing and developing Focusing untangling theory with Ann Weiser Cornell and Barbara McGavin – Treasure Maps related – 2016-2018
Discussing and developing Focusing theory with Stefan Ebert 2015-2019
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.
Reading of Focusing related articles and books to keep updated on the theory and developments