

PSYCHOTHERAPY

By Cynthia Spellman, MD

One type of psychotherapy I offer is called *Focusing Oriented Psychotherapy*. Focusing was formulated by philosopher & therapist, Dr. Eugene Gendlin. It helps people to identify and express their emotions by first trying to get in touch with their bodily felt experience of a situation or problem.

Chances are that there are many jumbled up, unclear, and confusing parts to any problem or situation that is getting us down.



Our emotional reaction to the problem is but one unclear aspect. Yet, our emotions were designed to serve as signals that alert us when something really needs our attention. If we don't pay attention to the emotion, the problem will get our attention - one way or another.

Have you had the experience of trying to ignore your emotional signals - only to be plagued by anxiety, insomnia, or a host of physical symptoms? Until they get your attention, one way or another, the signals won't give up.



Therefore, I have found that it is very fruitful to give some attention to your inner feelings, and to sit with them in a meditative way, allowing yourself to really sense the whole feel of the situation.



Only then can you "listen in on" what these emotional signals are trying to convey to you. They will tell you what they need from you.



In my office I can be with you supportively, helping you to explore your feelings, problems, and hurt places inside.

One of my own adaptations to Dr. Gendlin's Focusing-Oriented Psychotherapy is to make "Pet Pillows" available to those people who want to create more distance between themselves and the problem.

The pillow can "hold" the problematic feelings in a soothing way that makes it easier to express them.



Pillow or not, I can reflect back to you what you say so that in hearing it out loud, you begin to clarify and assemble together a solution that includes not only feelings, but logic and ethical morals as well.

But my ultimate goal for you, once you are comfortable with it, is for you to know how to use this tool on your own. I want you to learn to love yourself, trust yourself, and build confidence in your own inner signals.

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