

On Being Fully Present – In a Fragmented World

Bob Edelstein, LMFT, MFT

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I believe moving towards fuller presence, a core value of the existential humanistic perspective, is important for both individual and planetary healing. It helps us be more centered, live with more integrity and authenticity, and move toward wholeness. This is especially important in our fragmented world today where we are bombarded by a constant stream of information, and in which we often feel we are supposed to respond with the prescribed answers.

This workshop is a dialogue between participants on what it means to be fully present in our lives. Our focus will be on staying attuned to our inner experience and relating openly to each other as we choose to express what we feel is relevant.

The following are some examples of possible directions the dialogue could take:

- What is presence?
- How can we demonstrate the importance of being present from our own experience of living?
- How does fuller presence pull us to an inspired way of living?
- How does fuller presence open us more to the unknown?
- How does the deepening of presence contribute to the world's growth and/or healing?

My hope is that participants will leave with excitement in their experience of being fully present at the workshop, and a further understanding about what it means to be more present in the world.

Bob Edelstein, LMFT, MFT, has been an existential humanistic psychotherapist for over 30 years, providing individual, couple, family and group therapy. He also offers workshops on Authentic Engagement, as well as consultation, supervision, and training in the existential humanistic perspective for professionals. He has participated in The Art of the Psychotherapist training series created and led by James F. T. Bugental, Ph.D. Bob can be reached at BobEdeLMFT@aol.com or 503-288-3967.

Note: this workshop was previously presented at the 2003 Association for Humanistic Psychology National Members Conference – High Hopes: Sustaining Personal Spirit in a Turbulent World.