

SOCIALBODY FOCUSING

How we become **MORE**
THROUGH EACH OTHER

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Sensing Forward Conference Vienna –
100y Gene Gendlin

3.-7.6.2026



Ablauf

- Attunement
- Socialbody Focusing – Intention and Essence
- Experiment
- Sharing, meaningful insights, shifts, experiences, Questions
- ...

SBF – What for?

- Becoming **MORE THROUGH-EACH-OTHER**
 - Generative relationships that carry each other forward from the MORE
 - Unfolding and entangling entangled situations
 - Recognizing and dissolving conditioning, projections, and frozen wholes.
 - Finding inner stability in the interpersonal “eye of the storm.”: remaining present in teams, groups, communities, and everyday situations.
 - Cultivating the courage to act and express oneself in modalities that resonate with one’s experience within the larger social field
- **Engage with awareness and shared responsibility for the living product of our interaction.**
 - Cultivating embodied felt awareness and experiential curiosity for the space **between** and **around** us. What kind of field, collective, or social body are we creating together while interacting?
 - Moving from a bodycluster to an illuminated social body.
 - Being present in the here and now, accepting what is – and take it from there...

SBF – Focusing X Group Dynamics

Bringing everything we know from Focusing into the "wildlife" of social interaction, foster process thinking and sensing, crossing it with a reflective and relational practice of group dynamics.

Empowerment, systemic self-awareness, and a new relationship to/with authority

SBF: More than roles and behavior: more body, more non-verbal communication, more MORE

- Understanding interaction processes and group dynamics from lived experience.
- taking subtle experience, bodily felt meaning as source for forward-moving steps in group processes seriously – making the source accessible
- Reading situations, dynamics precisely through feltsensing and uncover their multiple meanings and dimensions
- Becoming at home in the unknown and uncertain
- Recognizing "dangerous securities" – dependencies and counterdependencies
- Body !!!
- cultivating nuance and relational intelligence -> Beziehungsintelligenz zwischen Anpassung und Ausagieren heben: Umgang mit Widerspruch, erlebten Unterschieden, Rollen, Konzepten, attentional violence entgegen wirken ... → robuste Beziehungen, feltsensing-sicher, brave & safe...
- *In SBF we are not in a 1:1 setting or other group focusing (not only a womb in the 1st place...)*
- *direct referents we intentionally would refer to: relational space, field – inbetween*

every interpersonal situation carries past experiences... future possibilities ... and present realities....

me & my expression affect others multidimensionally - and vice versa

others are part of my experience and vice versa
everything – alles-durch-alles

The social body speaks through the individual(s) – and vice versa

➔ **We become the container we co-create and live in and are influenced by it**

uncertainty

Russian Roulette, Jackpot ?

what will happen ... if I ... voice my felt sense ... meet person X ...?! Inspiration? A helping hand, a listening presence, a touch, a hit, ... Let you know what lives inside me within our relationship ... moment to moment...

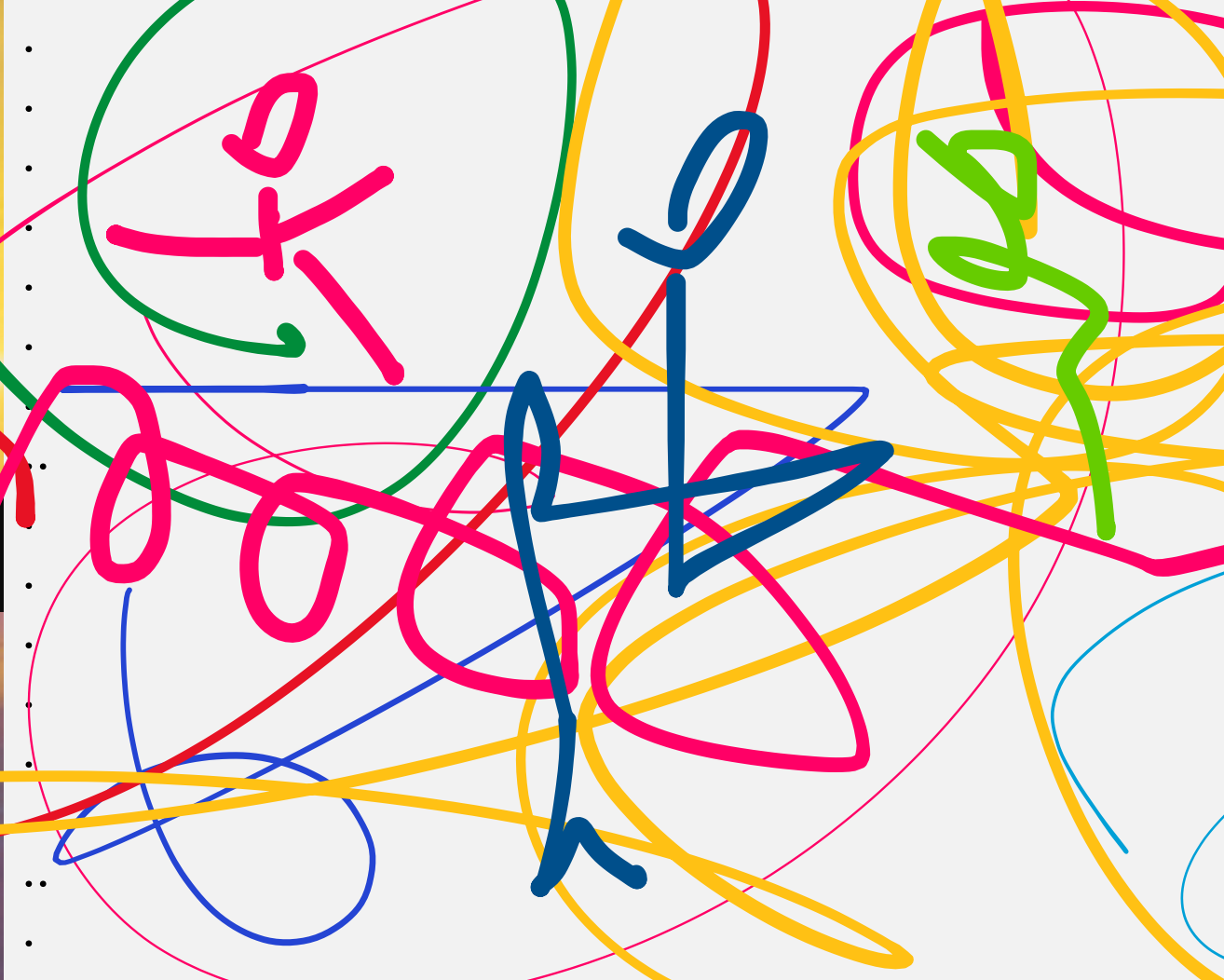
Humans seek certainty in authority, programmes, concepts, familiar patterns of interaction, more of the same...

(dangerous) certainty

Yet inspiring, creative, healing uninvited relationships live and become possible in the unknown space between us.

TOO MUCH TOO MUCH TOOMUCHTOOMUCHTOOMUCH

NOTHING



?!

Interacting bodies before
& beyond language

MORE OF THE SAME
Socialbody Focusing - www.andrea-schueller.com

TOO MUCH TOO MUCH TOOMUCHTOOMUCHTOOMUCH

C Chaos Conflict Fear Courage Complexity Love Joy I don't know
 Flow Panic good morning mister how are you Overwhelm
 Role typical good afternoon have you read my book and how
 is your wife. The
 bruch flow luss panik viele überwältigt too much
 FUNKTION rollen Typisches
 Blank blockiert nervig Verworren schwer konfus blöd
 Bedrohlich lustig dunkel hell viel begeisterung kopf hirn
 hirn spiriz ,mind body you he she all them us

NOTHING

?!?!?!?

Absturz erinnerungen vergangenes zukunrt projektion
 verwirrung anmassungen einfrieren noch
 mehrveinfrieren noch wie mehr einfrieren anstecken
 Austoben treuen miteinander abfangen loslassen
 herunterfallen und aufleben miteinander im herzen
 verbunden heiten aufstehen greifen fassen spüren
 anfangen folgen trauen fühlen mich noch mehr trauen
 aufmachen angreifen Berühren sagen nein sagen auf
 maCh

MORE OF THE SAME
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Interacting bodies & language, concepts

TOO MUCH TOO MUCH TOOMUCHTOOMUCHTOOMUCH

- Chaos Konflikt Angst Mut
- Komplexität Liebe freude bruch fluss panik vile
- überwältigt Too much FUNKTION rollen Typisches
- Blank blockiert nerrvig Verworren schwer konfus
- blöd
- Bedr
- hrrz
- Abst
- proje
- noch
- einfr
- Aust
- heru
- herze
- spür
- meh
- sagen nein sagen auf maChen Rituale Rollen
- Konzept Kultur Gewohheit face

**the empty
space
...
creative void**

**new
moves
& realities**

NOTHING

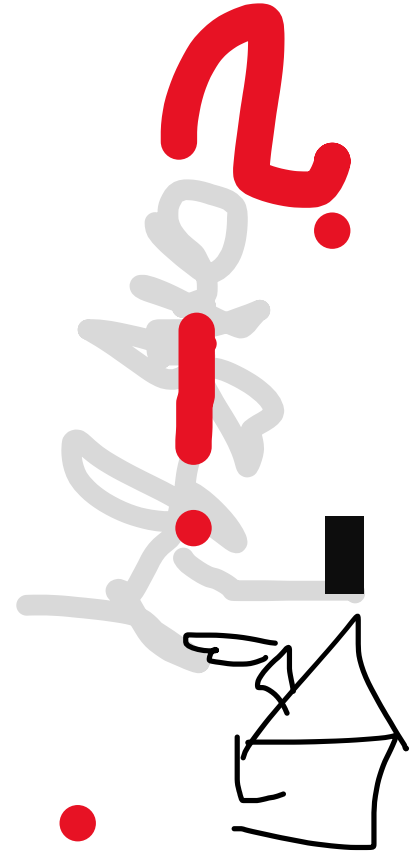
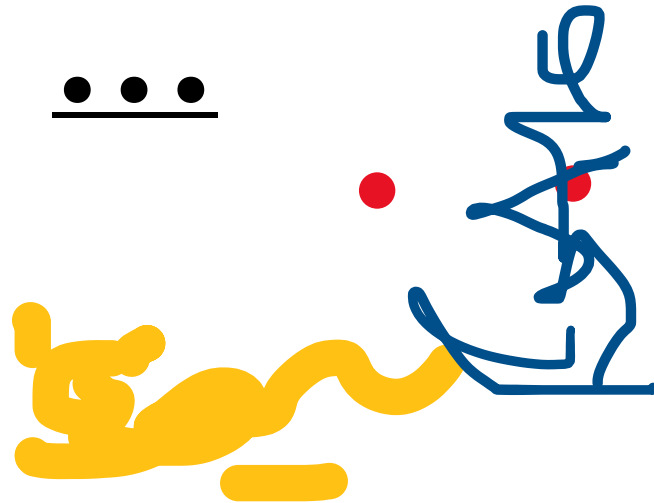
socialbodies
focusing

MORE OF THE SAME
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and HOW?

...



Carrying forward all we know from Focusing ...

- agenda-free, non-judgmental
- moving with intention, remaining open to the unexpected, staying curiously present with what is felt within and what comes
- The infinitely rich art of presence and support: listening, saying back, partialize, guide across the threshold, responding experientially, resonate, touch, be with, stay with, dwell, ask, hold silence ...
- toward Experience: experiencing, feltsensing, toward actualization, carrying forward
- grounding in the body
- noticing structure-bound experiencing, refilling
- invite different modes of experiencing and acting ...

... in Socialbody Focusing we cultivate...

- innehalten - learning to pause and stay with ... together
- Lights on – directing multidimensional awareness
- Staying present in the eye of the storm within a social body
- Felt-sense aware & courageous in contact – feltsensing INBETWEEN
- Reading situations through felt sensing, researching atmospheres, orienting as socialbody
- Holding many threads – eevening in action – the group speaks through the individual and vice versa – trusting the group process
- Awareness for the bodily process – and what "it" carries, transforms, does...
- Using media and objects as anchors in uncertainty. Carriers, placeholders for (unfolding) meaning
- cultivating brave and safe spaces
- ...

In SBF we hold, cultivate & direct multidimensional awareness

... toward inner experience, the inbetween-experience and the “product” of our interaction

I stay connected with my **inner experience**, **while** interacting with others

&

noticing resonance: what do(es) the **the other(s)** **evoke in me ?**

How do we affect and resonate with each other– > express my Felt Sense of it – and listening to yours – back & forth ... actualizing each other & the relationship

&

noticing the **surround sound** we make – how do our interactions shape and shift **the social body** (experiencing of the whole situation, the we, the field, the group...) What kind of social body is emerging? U3 (Process Model 😊)

&

how are **inter-acting** and **meaning-making** influenced, carried forward...

In SBF we use different modalities and media – to foster authentic expression, responsive action, creative moves...

- Media and different modalities – for navigating inside and expressing outside – Media create space for differences to be expressed, held, and carried forward – make it easier to hold their tension, inspire creative openings where expression has become rigid
- Media: e.g. strings, sticks, flowers, plastic sheets ... can be anything
 - hold intricate meaning which is not yet clear to be expressed – or: meaning is clear but the person is not ready or willing to express (verbally)
 - potentially carry multiple layers of significance, which can unfold in one's own time and the social bodies order or carrying forward
 - Reduce energetic burden – allow us to externalize, release what we are carrying (for each other)
 - sensory, tangible, concrete
 - temporary crutches in finding authentic expression
 - support beautiful processes
 - sometimes appear useless—and that is part of the process too ...



Closing & Offerings

Some Thoughts on Groups & Socialbody Process

- The term “group” for me implies more the result rather than the process
- The term “socialbody”, differentiated open wholeness, carries the taste of process in which processes are going on more
- Connections between people already exist.
- The question is:
 - Which connections?
 - For what purpose?
 - Are we aware of them?
- the socialbody process knows its order-of-carrying-forward – we can learn to cultivate a shared awareness where “it” – the hidden life spark, the meaningful blank, the block ... lives - and trust the process which we co-embodify ...
- follow our felt sense to know when it is our turn to move, share, ... as we interact...

We Are Process Within Process

- **SBF is a practice that can inform and support a wide range of interaction contexts in work and everyday life.** It is an integral part in my consulting, training, facilitating and coaching practice.
- SBF intends move, through the power of presence, from being entangled with one another into a creative way of being together—supporting the flow and growth movement of an open social body, as well as the people who weave this fabric and are shaped by it.
- SBF supports the movement between lived experience and conceptual structures (in social contexts, for example: roles, established meanings, experiences, functions, institutional pathways, fields and deep structures, societal sectors, institutions, behavioural patterns, etc.) in service of renewal and new expressions of the living process.
- **Everything we know from Focusing**—turning inward, listening, answering, partializing, sensing more precisely, using and shifting modalities, being resonantly present, and responding—becomes relevant here. In a group, the “objects” of our Focusing attention are ourselves, others, and the social body that we continuously co-create. This can be rewarding, risky, and perhaps transformative ... and more.
- Working with and as participants in social bodies is particularly challenging because much more conditioning and many more potential triggers are present in the shared physical space: embodied (including intergenerational) trauma, developmental themes, and processes that require different forms of attention, accompaniment, and care.
- **SBF as a multi-day training** is an intensive practice in presence and participation in the here and now. Participants come from diverse professional and personal backgrounds and engage in a shared exploration of social processes, collective meaning-making, and embodied interaction.

Socialbody – Focusing Practice Groups

ongoing open practice group

upcoming: 16. October 2026, 10am - 6pm, Vienna

Socialbody Focusing – How we become MORE through each other

deepen the practice

upcoming: 3.-6. March 2027, Reichenau/Rax

Die Gruppe & Ich. Schöpferische Verbindungen

Intensive

upcoming: 3.-7. April 2027, Venice

Information & Registration:

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Offers

english offers
upon request

