

2022

ANNUAL REVIEW

**INSPIRING HEALTHY COMMUNITIES WORLDWIDE
WITH A COMMITMENT TO RESILIENCE**



**FOCUSING
INITIATIVES
INTERNATIONAL**

Letter from the Directors

Despite the continued pandemic, Focusing Initiatives International was able to expand its activities in 2022.

Corona Plaza continued to provide online programming and ongoing support to people around the globe. We were able to add several webinars, while keeping many of our most popular programs.

Brighter Tomorrow and A Better World For Kids continue to give at-risk children in Pakistan and Uganda a new chance at a life with happier prospects. Each program enjoyed support and collaboration from local NGOs and government agencies and inspired others to emulate their services.

Both projects moved forward despite the fact that their countries faced severe challenges that put a strain on program implementation. Pakistan suffered extensive flooding, hyper-inflation, and violent social unrest. Ugandan schools had to close due to an outbreak of the deadly Ebola virus. Children in both countries were at risk of being recruited as child soldiers.

In the United States, Melinda began a community wellness initiative for Afghan refugee women in collaboration with the University of Massachusetts and Catholic Charities. This program supports the women as they and their families adapt to life in the U.S. and find opportunities to share, yet retain and incorporate their traditional culture and values within their new community.

We would like to thank you for all your interest and support over this last year.



Melinda Darer



Patricia Omidian



Introduction

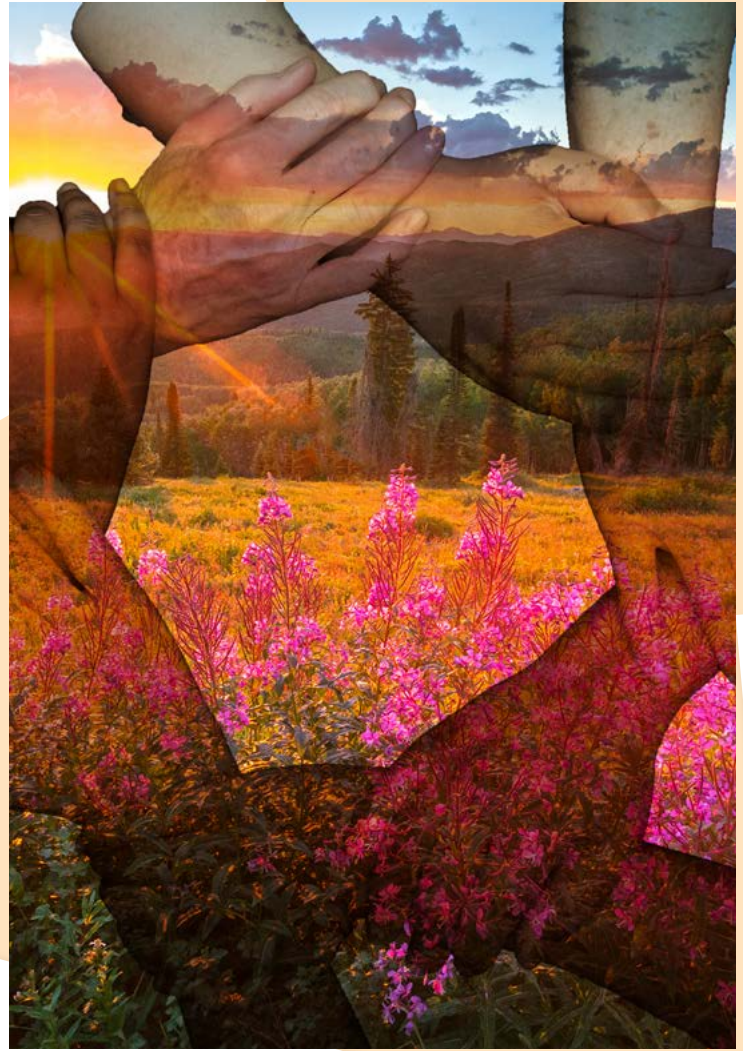
Focusing Initiatives International (FII) promotes social change by supporting people and communities as they move toward wellness, seek inner healing, and discover creative solutions to local problems.

We base our work on a deep vision of how human beings thrive when they are physically and emotionally safe - and free to secure their needs and shape their communities in ways that hold meaning and significance for them. Our work is grounded in the philosophy and experience of Focusing.

FII was founded in 2014 and registered with the IRS as a 501(c)3 not-for-profit organization.

Initiatives

2022: Moving Toward a Post-Pandemic World



Our activities fall into different initiatives, each aligned with FII's mission. Some are quite universal in nature, while others are more specific. Many are launched in response to particular events or needs.

We continued two programs working with children in dire need of emotional support and literacy.

Uganda: Better World 4 Kids: Unaccompanied children at one of the largest refugee camps in Africa have been separated from their families and traumatized by war and political disruptions. We connect them with elders who have also lost their families in a project that reaches across generations to build psychosocial supports that give the children hope and the elderly solace.

Pakistan: Brighter Tomorrow: Growing numbers of children (8 to 12 years of age) are forced into child labor when their parents and guardians fall deeper into poverty. This program expanded rapidly in 2022 to double the total number of children served and to include girls (250 children, including 50 Afghan refugee girls). The children are provided with education, hot meals, psychosocial support and recreational activities. A 2023 calendar, with uplifting photos each month, was produced to publicize and raise funds for this program.

Psychosocial Support and Community Wellness



Psychosocial Support and Community Wellness (PSSCW) is one of our oldest Initiatives and is the cornerstone for much of our other work. We offer support, training and mentoring to front-line workers in communities stressed because of war, epidemics, and other disasters. By respecting each unique situation in its particular cultural context, our approach enables communities to discover their specific right way forward.

Based on over 30 years of international field experience, our heart-centered approach to Psychological First Aid (PFA) blends self-care with techniques for engaging communities in self-discovery that lead to individual and collective healing and resilience. Important components include:

- deepening the listening process at each step
- helping communities find their own solutions and paths to resilience
- self-care for responders and supervisors as they work in community
- discovering how a mind/body technique like Focusing can enhance empathy and resilience

In 2022, we launched two online self-paced training programs on a new comprehensive learning platform—PSSCW and PFA.

We also continued our online PFA courses, working with First Nations in the US and Canada, and with community workers in Cameroon.



Wholebody Focusing

Since its inception, Focusing Initiatives International has included Wholebody Focusing as a key initiative - offering in-person and webinar-based training, retreats and conferences, and informal gatherings. The monthly on-line community gatherings and listening spaces that have been ongoing for years and have continued in 2022.

We continue to get volunteer facilitators to teach the program the second Saturday of each month, often with a particular theme. Some of these included Movement and Stuckness, Practicing Joyful Hello's, Receiving the Bodily Felt Sense of Goodness, and Connecting to Our Ancestral Past and Co-creating our Future.

Wholebody Focusing offers a simple and powerful method for connecting us with ourselves and with one another, in harmony with our environments and life situations. The structure of this practice recognizes the underlying wisdom of human connection and relationship as a vehicle for healing and social change. It offers an experiential background field of support for community-based initiatives

Corona Plaza/Free Webinars

As the pandemic wound down in the final months of 2022, Corona Plaza was discontinued and its free webinars transferred to our Focusing Initiatives International website. We still provide a platform where our international colleagues could offer no-cost workshops and training which empower people to connect with others, problem solve together, and recognize commonalities in the face of differences.

We continued hosting many webinars from past years, such as:

- Help the Helpers program with Lynn Preston
- Beginning Focusing Bits with Nina Joy Lawrence and others
- Art Club with Hunter Keller
- Saturday Listening Space with Anna Willman
- Wholebody Focusing Community Gatherings with various facilitators

We also added the following seminars among others:

- Going Gently with Anna Willman
- Mystic Heart of Focusing with Gabrielle Hoffman



Resilience Initiatives

Our new book, *Resilience Initiatives*, was published and is available at Amazon.com; you can find out more about it on our website. It is a compilation of articles from people all around the world who are doing wonderful healing work. They share their own practical, life-transforming tools and approaches in simple and easy-to-follow formats, making them practical, accessible, and adaptable by front-line mental health workers throughout the world.

Indigenous Focusing Oriented Therapy

This ground-breaking program, created by Shirley Turcotte, has been associated with FIL since 2014. It offers healing work on complex trauma grounded in land-based Indigenous philosophy and community healing. Because it uses a humanistic, person-centered approach to healing, it has been especially well-received. This reflects the core values of respect and non-interference, respects local traditions, and is extremely helpful in the face of collective cultural and economic genocide to bring healing to individuals, families, schools and communities.

Participants have included counselors, social workers, crisis teams, healers, therapists, doctors, nurses and teachers - many who work in or with public and private agencies, hospitals, community mental health centers, educational settings, and/or in various other cross-cultural situations/settings.

We launched a new seven-module program beginning in May 2022. Because of the pandemic, rather than meeting in person, teachers, staff and participants met virtually, in both small groups and large circles.



2022 Income and Expenses

Income			Expenses		
Donations	USD	98,662	Personnel	USD	95,129
Trainings	USD	63,200	Program costs	USD	87,870
Projects	USD	20,181	Websites	USD	14,442
Miscellaneous	USD	83	Office expenses	USD	1,506
			Miscellaneous	USD	1,878
TOTAL	USD	182,126	TOTAL	USD	201,825

THANK YOU!

Focusing Initiatives International
PO BOX 1214
Northampton, MA 01061
Ph.: +1 845 304 5616
www.focusinginternational.org



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