


2021

ANNUAL REVIEW

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



**FOCUSING
INITIATIVES**
INTERNATIONAL

The image shows a framed letter resting on a wooden surface. The background is a soft-focus green bokeh. The letter is on a light-colored, textured paper and is enclosed in a simple, dark wooden frame. The text of the letter is centered and reads:

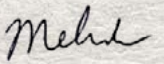
Letter from the Directors

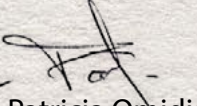
2021 was a year of new beginnings!

We started programs with children in Pakistan and Uganda, and with Afghan evacuees in Massachusetts. Our psychosocial support work continued as communities reached out to us for training and support. Mentorings and trainings reached a wide range of communities around the world, including Indigenous Americans, Lebanese, Liberians, Nigerians, and Pakistanis and Indians. Programs on CoronaPlaza.LIFE continued to reach a global audience.

The breadth and depth of our work - whether in-person, on-line or combining the two - has enabled us to expand our reach and solidify relationships with people doing important work across the globe.

We look forward to new and continued adventures in 2022!


Melinda Darer


Patricia Omidian

From Uganda to Pakistan

3,000 miles apart



But what do they have in common?

Vulnerable children.

We launched 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 are connecting 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: Children are forced into child labor when their parents and guardians lost their livelihoods due to COVID-19. This program provides education, hot meals, psychosocial support and recreational activities for child laborers of 8 to 12 years of age.

Psychosocial Support and Community Wellness

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



Psychosocial Support and Community Wellness 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:

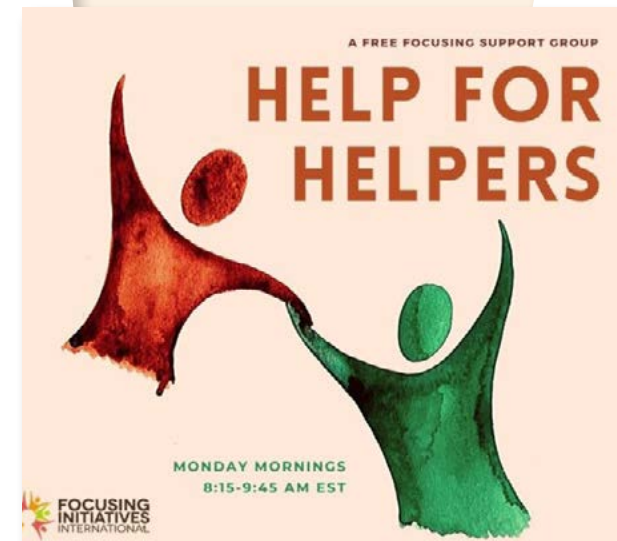
- deepening the listening process at each step
- helping communities find their own solutions and paths to resilience
- self-care for responders and supervisors as they work in community
- discovering how a mind/body technique like Focusing can enhance empathy and resilience

In 2021, we continued our online courses, including two with an indigenous community in Minnesota. Others targeted humanitarian workers and those wanting to learn wellness tools for themselves, their families and their communities.



Wholebody Focusing

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 projects. Since its inception, Focusing Initiatives International has included Wholebody Focusing, a key initiative offering in-person and webinar-based training, retreats, and conferences. We have offered monthly online community listening spaces for more than two years. In 2021 we made many of Kevin McKevenue's intunements available through our online store.



Help the Helpers

This international group began two years ago in collaboration with Lynn Preston. It is a free Focusing support group that meets weekly to empower, hearten and encourage therapists, counselors, teachers and helpers of all kinds. We begin with a brief reflection on how focusing can nurture, inspire and steady us, so that we can be present for others. We can then accompany each other, with embodied listening and connection, to meet the profound challenges of this time. A focusing conversation emerges from whatever is present in the moment.

CoronaPlaza.LIFE

CoronaPlaza continues to enable community workers, counselors, medical workers, and professionals to share their wealth of experiences and learn from each other. Our international colleagues' workshops on CoronaPlaza.LIFE allowed people to explore community wellness activities, self-care, personal growth, creative arts, healing through movement, social justice issues, and the practice of Focusing in one-time online workshops and in multiple-session courses.

In 2021 we added a number of new webinars to our line-up.

- Beginning Focusing Bits: a non-sequential course that teaches effective little 'bits' that introduce Focusing into daily life.
- Going Gently: a monthly conversation among aging participants, who can share and learn from each other how we are all navigating living towards the end of life.
- Art Club: a space to explore creatively what's happening inside, and a time for expressing what you find.

Indigenous Focusing Oriented Therapy

This ground-breaking program, created by Shirley Turcotte, has been associated with Focusing Initiatives International since 2014. It offers healing work on complex trauma grounded in land-based Indigenous philosophy and community healing. Because this initiative uses a humanistic, person-centered approach to healing, it has been especially well-received. This reflects the core values of respect and non-interference, honors 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 work in or with public and private agencies, hospitals, community mental health centers, and educational settings, coming from various cross-cultural situations.

Because of the pandemic, rather than meeting in person, teachers, staff and participants met during 2021 in various virtual settings, in small groups and large circles.



2021 Income and Expenses

Income			Expenses		
Donations	USD	102,654	Personnel	USD	94,365
Programs	USD	49,789	Program costs	USD	45,620
PPP loan	USD	15,000	Websites	USD	13,730
Miscellaneous	USD	566	Office expenses	USD	5,156
			Miscellaneous	USD	2,596
TOTAL	USD	168,009	TOTAL	USD	161,467

THANK YOU!

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