

Ito, Yoshimi

## How Do I Use Clearing a Space? : Application of Clearing a Space of Focusing to Children

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Here, it is reported how I use Clearing a Space of Focusing in Japan. We have three kinds of methods of Clearing a Space. They are the BCS method, the method of using tag paper, and the method of tsubo of the heart. Tsubo is a kind of Japanese container. It is introduced how each is performed. Although especially they are performed for the children or the youths, they are possible to any ages in fact. The BCS method consists of body work, clearing a space, and sharing. A tag paper method utilizes three kinds of commercial tag papers. The method of tsubo of the heart is the way of utilizing a container.

### 1 The BCS method of Focusing

The BCS method consists of following process.

1. Body Work
2. Clearing a Space
  - 1) body sense (karada no kanji) method (Fig. 1, Appendix)
  - 2) problem-feeling (kigakari) method
3. Sharing
  - 1) Individual Sharing with a guide
  - 2) Mutual Sharing in the class

#### 1.1 The actual procedure is as follows

- 1 Clearing a physical space.
- 2 Relaxing the body
- 3 Attending to one's inside
- 4 Being aware of one's body parts
- 5 Finding a place in the body where good feelings are felt and experiencing it.
- 6 Writing down the description of the experience
- 7 Experiencing everything that is "kigakari" and putting it in a container
- 8 Writing down the description of the experience
- 9 Individual Sharing with the guide
- 10 Group Sharing

## 1.2 The standard of time distribution is as follows.

- Body Work (1-2) ?????? 5 minutes
- Body Sense Method(3-6) ?????? 10 minutes
- Kigakari Method(7-8) ?????? 10-15 minutes
- Sharing (9-10) ?????? 15 minutes

## 2 Clearing a Space Using Tag Paper

### 2.1 Required material

- Commercial tag paper : There are various things, such as a color, a size, a form, and the quality of the material.
- The blank paper of A4 or B4 used as the pasteboard which sticks tag paper. You may use colored paper.
- Application number :
  - One person, a small group, or a lot of people is also possible.
- You can fold back? tear , and stick tag papers. You can also remove and stick it again
- Tag paper can be bent in suitable length and a suitable form, or can also be cut.
- It repeats several times, at least twice.
- This work is repeated until it is lost once that it is worrisome out of the heart of the focuser. If it repeats twice, a settlement will stick in many cases. It is possible to repeat the number of times beyond it if needed.

### 2.2 Clearing a Space by posting labels (the first round)

- 1) My whereabouts: "Where am I on this mount? "  
 Supposing "I" is in somewhere on pasteboard first, write it down in pasteboard where it exists.  
 Next, 1st Clearing a Space is performed.
- 2) Clearing a Space
  - let a concern or issue come up and feel the sense of it
  - choose one among three kinds of colors of label (blue, yellow and pink)
  - write the headline or name of a concern with the number 1 on the front of a label and write its feeling or sense on the opposite side
  - post the label on the place suitable somewhere on the mount
  - repeat this work until any concern will not come out
- 3) Group review and sharing
- 4) Clearing a Space by posting labels (the second round)

## 3 The method of "tsubo of the heart"

Although T. Yokoyama created tsubo of the heart first, the part is used for Clearing a Space here.

What is prepared : "tsubo of the heart" sheet (Fig. 2, Appendix), colored pens, or colored pencils

Procedure:

### 3.1 Bodily tsubo

If unpleasant feeling or sense is in somewhere in your body, you draw any tsubo and make the feeling into an easy picture or an easy pattern, and draw into the tsubo. Even if others do not understand, you should just draw so that you may understand.

You draw a tsubo suitable where the feeling of the body is put in. You can cover with the lid of the tsubo. ("Bodily tsubo" is used in this portion)

### 3.2 Tsubo of the heart

(The portion of "tsubo of the heart" is used)

(1) Please draw the tsubo containing all the things in your heart. If you can, draw the biggest possible tsubo.

(2) Now, ask yourself, "What kind of thing is contained in the tsubo of the heart now?" And you can wait until something appears. For example, it may appear that it is worrisome, to think that it is uneasy, etc. There may also be a pleasant thing.

(3) If it finishes appearing, you draw each into "tsubo of the heart" with a picture, an easy pattern, and an easy sign. What is necessary is just to draw so that you may understand.

#### 1 . Dividing the contents of the tsubo

You may divide the contents of tsubo of the heart separately into the surrounding circles. You may draw suitable tsubos on contents, draw each content into it, and move one by one. You cover with the lid about which you can feel easy so that contents may not come out. And name each tsubo.

#### 2 . Seeing and feeling

Let's see the drawn pictures. How is it compared with the first feeling?

#### 5 . Clearing up

If still unpleasant feeling remains, draw an empty tsubo and put the feeling in it. And cover and clear up to somewhere.

In my presentation, I reported a case which applied the BCS method to the children of the third grader in an elementary school as a concrete example, and examined the effects of their experiences.

About tag paper method and tsubo of the heart, the concrete way was introduced and the description was added.

These three methods can all make a device and correction according to the purpose or an object, and they can be effectively used for them.

#### 4 Biographical Note:

Professor of Psychology, Ph.D., Focusing Coordinator., Certificated Clinical Psychologist  
In student counseling and individual counseling, I practice a person-centered therapy, encounter group, and focusing.

I am holding the workshop of encounter group and focusing.

I studied abroad as a research worker abroad of the Ministry of Education of Japan under Prof. Gendlin at the University of Chicago in March, 1993 - January, 1994.

My work has "Research on Clearing a Space of Focusing"(Kazama Shobo), "Practice and Research of Focusing"(Ed.)(Nakanishiya Shuppan), "Humanistic Group Approach"(Ed.)(Nakanishiya Shuppan), "Person-Centered Approach"(Coed.)(Nakanishiya Shuppan), etc.

Address:

Department of Psychology, Graduate School of Environmental Studies, Nagoya University,  
Furo-cho, Chikusa-ku, Nagoya 464-8601 JAPAN (office)

Tel & Fax 052-789-4884

287 Kayano, Kaizu-cho, Kaizu-gun, Gifu-ken 503-0646 JAPAN (home)

Tel & Fax 0584-53-3432

Email: yoshimi@info.human.nagoya-u.ac.jp

Appendix

**How am I feeling in my body ?**

name (male · female) age

1 . How do you feel in your body now ?  
2 . What is coming up about the body sense ?

?Chest area		?Belly area
1.	1.	
2.	2.	
?Back area		?Head area
1.	1.	
2.	2.	
????? area		????? area
1.		1.
2.		2.

3 . What was your experiences?

Fig.1 Karada no Kanji sheet for children

Fig.2 “ tsubo of the heart “sheet

