



Jeffrey Morrison, MA, LMHC

Certified Focusing-Oriented Therapist

Certifying Focusing Coordinator

Founder, Executive Director, and Lead Teacher, Seattle Focusing Institute

A Focusing-Oriented Psychotherapist and Focusing Coordinator, Jeffrey Morrison practices on Vashon Island, Washington. He specializes in working with complex trauma and teaching Focusing-Oriented Therapy (FOT) to therapists and other healing professionals. He has developed a [Focusing Training Program](#), which blends Focusing, mythology, mindfulness and other embodied practices for unwinding trauma and restoring wholeness.

His new organization, the [Seattle Focusing Institute](#), is dedicated to teaching Focusing, and will also offer meditation, Trauma Releasing Exercises, movement practices, and more. These practices for change are designed to encourage presence, embodiment, and transform our stuck patterns of living.

Jeffrey says, "Through embodiment we become present. Through presence we develop awareness. Through awareness we encounter the freedom to choose non-habitual responses."

Jeffrey holds a bachelor's degree in philosophy and religion, and a master's degree in Existential and Phenomenological Therapeutic Psychology. He first learned Focusing in 1983, was certified by Ann Weiser Cornell in 2006, and became a coordinator in 2012 through training with Shirley Turcotte, a pioneering activist in the areas of complex trauma therapeutic treatment for Aboriginal and non-Aboriginal communities. Joan Klagsbrun, a protégé of Eugene Gendlin, mentored Jeffrey as he developed his current Focusing Training Program.

Jeffrey helped develop International Focusing Conferences in 2014 (FOT) and 2015 (International in Seattle), and presented in 2017 (FOT) and the 2019 International in Merida, Mexico. He was a co-lead teacher and facilitator from 2016 to 2019 of the Certification Weeklong hosted by [The International Focusing Institute](#).

He has expanded and deepened his own personal journey through his work in the Embodied Life School with Russell Delman, and most recently became a certified Trauma Releasing Exercises (TRE) Provider. His current field of interest is the study of Polyvagal Theory and its integration with Focusing.

Jeffrey lives on Vashon Island with his wife, who is an elementary school teacher. They enjoy time with their son and daughter when they return to visit, gardening, walking, and spending vacations near water.

Contact

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