

Claude Missiaen

### **Bio**

I was born in the summer of 1961. I live and work in Leuven, Belgium.

I am married, we have 3 lovely adult children (Kwinten, Sander and Emma) and in June 2017 we received our first grandchild (Dax).

At the Catholic University of Leuven I studied clinical psychology and after that the Postgraduate training in client-centered/experiential psychotherapy, with Germain Lietaer and Mia Leijssen as my most prominent mentors.

All my professional life I worked as a psychotherapist and a trainer. I have been director of a training Institute Faculteit voor Mens en Samenleving and (in the same period) of a business consultancy centre Of Course. It was a hard working life (training, psychotherapy, management, coaching, supervision, group psychotherapy...), combined with a family with three growing up children. In 2007 there came a turning point, I was exhausted, my organism refused to obey the commandments of my will power, I got burnt out (the word was not yet so fashionable as it is nowadays). I stopped working for one year and came back with new energy and changed values: more respect for my boundaries, more attention for being grateful in life, feeling (a bit) less responsible for others, allowing myself more free space, an emerging and hesitating sense of spirituality, more aware of the finiteness of life...

The last ten years I have been working as a staff member of the Postgraduate training in client-centered/experiential psychotherapy (with Nele Stinckens) and of the training Counseling existential wellbeing (e-learning training with Mia Leijssen), both at the Catholic University of Leuven. Besides, I worked as a project manager in Flanders Synergy, a spin-off of the university of Leuven, that helps organisations to optimise their own work organisation in an innovative way. I am a staff member of QIT (Quality in Treatment), a small organisation that developed an online monitoring tool for psychotherapists and counsellors.

In my private practice I see clients for psychotherapy, coaching, individual focusing training and supervision.

As I am 56 and have a career of more than 30 years I find myself in the after summer of my working life, the time of picking fruit... I like to combine a few of my passions, like the experiential and the existential dimension, or focusing and psychotherapy. I recently developed workshops on 'contacting our existential demons from a safe place in our body'. And I organise a one year Focusing Oriented Psychotherapy training, an exciting new project.

### **Focusing**

My relationship with focusing started in 1984 : I made my master thesis on Focusing, my promotor was Mia Leijssen. Since then, on a regular basis, I gave basic training for not-professionals and for therapists/counsellors on the technique and especially on the attitudes of focusing. I developed a program on working with the inner critic in an experiential way. In the 4 years psychotherapy trainings I was lucky to teach the experiential modules.

I am a Certifying Focusing Coordinator since 1995 , I nominated 9 Focusing Trainers and Professionals.

I am a member of the group of coordinators of Focussen Vlaanderen, with Tine Swyngedouw, Chris Van de Veire, Katrijn Van Loock, Jessica Delooz.

My focusing partner for many years is Astrid Schillings, we meet by skype and sometimes in real life, she lives in Germany, a neighbouring country of Belgium.

Since 2012 I am invited (once a year, two weeks) in Warsaw to give workshops in focusing , in 'advanced focusing' and in experiential psychotherapy and supervision. These two weeks in a year are about the most rewarding ingredients of my professional life nowadays.

I attended the Focusing Conference in Cambridge, 2016. Rare enough, it was my first Focusing Conference. Since 1988 (Leuven) I attended almost every Person Centered Conference (Stirling, Gmunden, Chicago, Egmond aan Zee, Potsdam, Norwich, Rome, Antwerp) were I was especially attracted to the experiential and/or focusing presentations and workshops. I was a member of the organizing committee of the PCE Conference in Antwerp in 2012.

My newest project is a one year FOT training in Belgium, start October 2017, together with Maaïke Afschrift, for psychotherapist and counsellors.