

# 初探正念 (Mindfulness) 與澄心聚焦 (Focusing)對專注觀點的理解與操作

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## 摘要

正念取向療法 (Mindfulness-Based Therapy, MBT)以及澄心聚焦療法 (Focusing Therapy, FOT)，皆強調往內專注、覺察，易生混淆。經文獻探討分析，本篇指出其專注的內容各有異同。正念旨在專注當下一切，強化對身心變化的覺察力。澄心聚焦旨在引發「深感」，充分往內專注、接觸體內各種感受，使案主的「經驗」有新意義產生。兩者皆鼓勵以不評價、接納而慈悲的態度來往內專注覺察並與經驗拉開距離來觀察以讓觀點轉換。相異處，正念關注放下和不執著，以達心的平靜。澄心聚焦是關注更深入探索內在感受。本篇探討兩者在操作時，應用此內專注的異同。以及在助人工作或自我照顧時，兩者可相輔相成之處。

關鍵字：正念取向療法、澄心聚焦療法、專注力

# A Preliminary Exploration of Mindfulness and Focusing from the Perspective of Attention

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## Abstract

The two therapeutic approaches that emphasize inward focus and awareness- Mindfulness-Base Therapy (MBT) and Focusing Therapy (FOT) are easily confusing. This article points out the similarities and differences in goals, contents, and applications in these two approaches through literature discussion and analysis. Mindfulness training is designed to focus on what you are in the present moment and increase awareness of changes in the mind and body. The purpose of FOT is to induce "felt sense," to focus on the feeling inward entirely, and to contact with various feelings in the body so that the client's "experience" has a new meaning. Both encourage a nonjudgmental, accepting, and compassionate attitude to let perspective shift by giving the distance from the experience. While MBT focuses on letting go and non-attachment to achieve peace and tranquility of the mind, FOT emphasizes exploring the inner feelings more deeply. In the helping profession, the client can first practice mindfulness. After the body and mind are sound and robust, following the FOT practice will allow the client to penetrate deeper into the inner feelings.

Key words: Mindfulness-Base Therapy , Focusing Therapy , Attention