

New Workshop:

MARCH 14-15 '09

Inner Circle

Therapy Centre

REGENTS COLLEGE

FOCUSING

A rare opportunity to attend an introduction to the Focusing Process for Therapists, Counsellors, Supervisors, Coaches ... Workshop numbers will be strictly limited for maximum personal attention and experiential opportunities.

Focusing Workshop for Therapists etc.

Focusing is a gentle self-directed process of attending to our bodily felt experience of life.

It grew out of the work of philosopher and psychologist Eugene Gendlin at the University of Chicago since the late 1950s.

Focusing is like asking your own experience "How am I right now?" and then waiting for a description to come. It is the opposite of our usual habit of telling

ourselves how we should feel or what we should do. It is also different from looking at someone else and asking "How should I be?"

Focusing is a natural way of being. It is not a technique, or a therapeutic tool. It requires pausing and noticing the bodily feeling of being alive with others. It is not easily re-learned all at once, but the non-

intrusive presence of another person usually makes it easier. We will emphasise this depth potential and relational aspect of Focusing in order to explore how it might affect our lives and work in professional settings.

Please see the Focusing Institute website for more information:

www.focusing.org

What will it be like?

Our aim will be to create a relaxed learning environment where participants can explore their own experience, sharing what they like and keeping private what they like.

Each person will decide his or her own level of participation.

There will be opportunities for experiential work in pairs, demonstrations, group Focusing practice, and plenty of discussion, including

how Focusing might be integrated into various types of therapeutic work. We can also touch upon some of the philosophy underlying Focusing if there is interest in the group.

The actual plan of the two days will be mutually negotiated.

This workshop is not specifically designed for the general public, but for those who are engaged in a 'helping' profession.

Greg Madison, PhD is an existential psychotherapist & counselling psychologist currently on visiting faculties at institutes in the UK and Canada. He has taught Focusing and Focusing-Oriented Therapy in various countries.

To book a place on the workshop or to ask any questions, please email

info@gregmadison.net

www.gregmadison.net

The cost of the workshop is £160 for both days.