

# About the workshops

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All workshops are of small groups, usually between 4 and 12. Each person has opportunities to practice Focusing, listening and guiding as appropriate and as they wish, there are demonstrations, and there is plenty of time to discuss what happens. The atmosphere aims to be relaxed and supportive.

## ❖ Introductory weekends: *The Art of Focusing*

The introductory weekend gives you a good taste of Focusing and enables you to start using it in a way that suits you. You will learn about being the focuser, being the listener, and focusing on your own.

*Focusing on what you feel in your body • Focusing steps ①: finding the felt sense • listening ①: giving attention and responding • 'Focusing', 'felt sense' and 'felt shift' • using Focusing in real life*

## ❖ The 'Focusing Skills' series of workshops

These weekends build on Workshop 1 and go in depth into Focusing, listening and guiding, covering both practice and theory. In each workshop you learn new skills & more ways to use Focusing.

### **Workshop 2 ~ *The Art of Listening***

*Focusing on clearing an inner space • Focusing steps ②: staying with the felt sense • the principles of listening • listening ②: reflecting the felt sense • Focusing partnerships • empathy*

### **Workshop 3 ~ *Experiencing & The Body***

*Focusing on a topic • Focusing steps ③: going deeper • listening ③: reflecting the process • the principles of guiding • guiding ①: staying with the felt sense • 'felt experiencing' & the 'body'*

### **Workshop 4 ~ *Criticism & Creativity***

*Focusing on the inner 'critic' and other 'parts' • listening ④: reflecting inner parts and places • guiding ②: exploring more deeply • Focusing, listening and guiding creatively • 'creative flow'*

### **Workshop 5 ~ *Intuition & The Implicit***

*Focusing and meditation • listening ⑤: reflecting what may be implicit • guiding ③: refinements • Focusing, listening & guiding intuitively • the spiritual dimension • a 'philosophy of the implicit'*

On completing Workshops 1 to 5, you receive the BFA 'Focusing Skills' certificate, which allows you to go on to do the Focusing Practitioner Programme if you wish.

## ❖ Workshops for experienced focusers

These weekends are for people who have done at least an introductory workshop, and preferably who have completed the Focusing Skills series of workshops.

### *Focusing in Helping Relationships*

*mixing Focusing into other settings • introducing Focusing to new people • embodied dialogue • brief Focusing interventions and guiding Focusing journeys • ethical practice • benefits and pitfalls*

### *Thinking with the Felt Sense*

*working with the felt sense to think and to write freely and creatively • Gendlin's 'thinking at the edge' (TAE) • logical (concrete) thinking vs. felt (symbolic) thinking • private and public language*

### *Let Your Body Make Your Mind Up*

*using Focusing for decision making • the felt sense of 'right' and 'not right' • when decisions don't make themselves • common obstacles to sensing what's 'right' • strategies to get to 'right'*

### *The Felt Sense & Our Future*

*focusing on climate change • the felt sense as the key to embodied thinking • listening to the felt sense when addressing big public issues 'out there' • the 'felt sense zone' • a 'felt sense world'*

For more information about any of these workshops, please ask me.

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