



Focusing Skills Workshops 2020

If you have done an introductory weekend such as my Workshop 1 ~ *The Art of Focusing* and want to learn more, then the Focusing Skills weekends are the way forward. Building your experience and understanding step by step, each one covers further aspects of Focusing – how to do it and how to apply it – and of being the companion to the focuser – listening and, from Workshop 3, guiding:

Workshop 2 ~ *The Art of Listening* ♦ 21st/22nd March

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* ♦ 16/17th May

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 ~ *Creativity & Criticism* ♦ 25/26th July

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

Workshop 5 ~ *Intuition & The Implicit* ♦ 19/20th September

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

These workshops are best taken together and in sequence, though some flexibility is sometimes possible. On completing all 5 weekends, you receive the BFA (British Focusing Association) *Focusing Skills* certificate, which enables you to go on to train as a Focusing Practitioner and later on as a Focusing Teacher if you wish.

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- times** ▶ from 9.45 am to 5 pm on Saturday and Sunday
venue ▶ in Clapham, at the address below, or sometimes at a larger venue at London Bridge
cost ▶ workshops are £130 if booked two or more weeks in advance, £150 thereafter, the deposit is £50 ~ or £125 each if you book for all of them with a £100 deposit
booking ▶ please write in good time with your name, address & phone number, enclosing a cheque for a deposit of £50 per workshop, or the full fee (payable to *Peter Afford*) ~ or email me if you prefer to do an online transfer
cancellation ▶ incurs a £50 admin charge i.e. in normal circumstances deposits are not refundable
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Peter Afford

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