



## Focusing Skills Workshops 2023

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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* ♦ 11/12th March

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

### Workshop 3 ~ *Experiencing & The Body* ♦ 13/14th May

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

### Workshop 4 ~ *Creativity & Criticism* ♦ 15/16th July

*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 • creativity & 'creative flow'*

### Workshop 5 ~ *Intuition & The Implicit* ♦ 23rd/24th September

*Focusing and meditation • listening ⑤: reflecting what may be implicit • guiding ③: refinements • Focusing, listening and 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

www.focusing.co.uk

8 Rudloe Road, Clapham, London SW12 0DS ♦ 020 8673 1860 ♦ peter@focusing.co.uk