



Focusing in Helping Relationships

18/19th February 2023

Focusing has the wonderful capacity to help people find their centre and their edge, to go to the heart of the matter and discover their true feelings. It opens doors, brings the person alive, facilitates healing and gives people confidence in their ability to change from within.

This workshop is for people who want to take Focusing beyond their personal practice and use it in other settings such as counselling, therapy, coaching and so forth. Also, to introduce it to people who are new to it. It will show you how to include Focusing at three different levels, depending on the person and the context:

1. working with the felt sense work: focusing implicitly in a transparent way
2. Focusing explicitly in a deeper way: mixing this with other approaches
3. introducing Focusing to new people who want to learn it for themselves

And it will cover the following ground:

- ❖ embodied dialogue and brief focusing moments
- ❖ listening responses and guiding suggestions that encourage natural focusing
- ❖ guiding people through longer Focusing experiences
- ❖ introducing Focusing as a learnable skill
- ❖ key principles for practice from Gendlin's 'theory of personality change'
- ❖ benefits, limitations and potential pitfalls
- ❖ ethical practice

There will be practice sessions, demonstrations and open discussion. In addition, there will be some time for participants to discuss experiences they have already had in working with Focusing.

The workshop is intended for focusers on a Practitioner Programme and for others with some experience of Focusing and listening.

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- times** ▶ from 9.45 am to 5 pm on Saturday and Sunday
- venue** ▶ here in Clapham (close to Clapham South tube)
- cost** ▶ the workshop fee is £130 if booked at least two weeks in advance, or £150 thereafter
- booking** ▶ please write to me in good time with your name, address and phone number, enclosing a cheque for a deposit of £50 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. deposits are not normally refunded
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Peter Afford

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