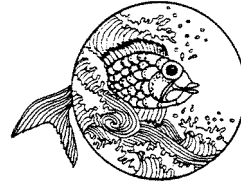


Focusing & listening



Workshop Programme for 2019

❖ introductory weekends

Workshop 1 ~ *The Art of Focusing*

26/27th January ♦ 9/10th November

❖ 'Focusing Skills' series for the BFA certificate

Workshop 2: <i>The Art of Listening</i>	♦ 23rd/24th March
Workshop 3: <i>Experiencing & The Body</i>	♦ 18/19th May
Workshop 4: <i>Criticism & Creativity</i>	♦ 20th/21st July
Workshop 5: <i>Intuition & The Implicit</i>	♦ 21st/22nd September

❖ for experienced focusers

<i>Focusing in Helping Relationships</i>	♦ 2nd/3rd March
<i>Focusing & Dreams</i>	♦ 8/9th June
<i>Let Your Body Make Your Mind Up</i>	♦ 5/6th October
<i>Thinking with the Felt Sense</i>	♦ 23rd/24th November

times ▶ workshops are from 9.45 am to 5 pm on Saturday and Sunday

venue ▶ usually in Clapham, occasionally at a larger venue at London Bridge ~ both are close to tube stations

cost ▶ workshops are £130 if booked two or more weeks in advance, and £150 thereafter ~ the 'Focusing Skills' workshops are £125 each if you book for the series

booking ▶ please write with your name, address, phone number, and any relevant and brief personal details, 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. I do not normally refund deposits

IN-DEPTH BFA CERTIFICATE & FOCUSING INSTITUTE COURSES

Practitioner Programme ♦ Teacher Training ♦ Institute Trainer certification ♦ *please ask for details*

ONE TO ONE SESSIONS

focusing ♦ focusing-oriented therapy ♦ focusing-based decision-making ♦ *please phone to discuss*

Peter Afford

www.focusing.co.uk

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