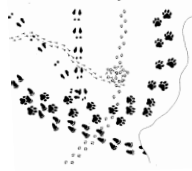




**MODULE I
BEGINNING
THE JOURNEY**

JANUARY 2024

IN PERSON OR ONLINE



**MODULE II
THE ART OF
LISTENING**

FEB/MAR 2024

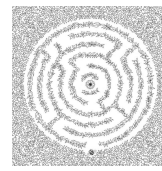
ONLINE



**MODULE III
THE ART OF
GUIDING**

MAR/APR 2024

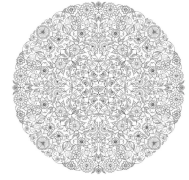
ONLINE



**MODULE IV
UNTANGLING**

MAY 2024

IN PERSON



**MODULE V
LARGER BODYING**

JUNE 2023

IN PERSON OR ONLINE

FOCUSING SKILLS JOURNEY

A WAY INTO YOUR BODY'S INNER KNOWING

Focusing is learning to trust your own inner sense of things.

It's a way of engaging and deepening your body's inner knowing, Intuition.

There is no diagnosing or analysing or counselling, just listening deeply and skilfully, describing and gently attending to your inner experience until it reveals its meaning and you see a way forward that you didn't see before. That's what Focusing is. It's the experience of waking up your body's direct knowing, and living from it more deeply and authentically.

Your body is not a machine, rather a wonderfully intricate interaction with everything around you, which is why it "knows" so much just in being" ~ G. Gendlin

INTRODUCTION TO FOCUSING

Module 1 - Beginning the Journey

Two options to begin:

In person: **13 - 14th January 2024**, Rickmansworth or

Zoom: **Tuesday 9am - 11:30am** on 9th, 16th, 23rd, 30th Jan, 6th Feb 2024



Session 1 - The Doors

Session 2 - Felt Listening

Session 3 - Felt Sensing and Resonance

Session 4 - Symbolising and Sense Making

Session 5 - Mapping and steps

Module I cost: £150 online or £180 in person (small group of 4-8 participants)

The BFA Accredited Focusing Skills Course is a 60 hour series of experiential seminars of which the above Module 1 is a prerequisite. For those who want to take the learning further, Module II - V are going to be held between February and June 2024 (online and in-person). Completion of the 5 modules is an accredited foundation towards Focusing practitioner and teacher training. The course is useful both for a personal growth as well as for anyone working with people and wanting to deepen their skill and meaning of their working life - whether as facilitator, coach or therapist or in a leadership position.

The cost of the remaining four modules is £600 if paid in advance or

if paid per module: £150 (5 x 2.5h online seminars) and £180 (for the in-person weekend)



Contact:

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