

Connexion Psychological Practice Ltd. Registration Form

Date:

Mar 1 & 2, 2012 (Thu & Fri)

1A Basic Focusing

Mar 5 & 6, 2012 (Mon & Tue)

1B Focusing Listening and partnership

Mar 7, 2012 (Wed)

PFP(Proficiency as Focusing Partner) Award

Fee :

1A / 1B

HK\$ 2,200 (regular)

PFP

HK\$ 1,100 (regular)

(Limited seat, first come first serve)

Time: 9:30 pm – 5:30 pm

Venue: To be advised

Please return the completed form with cheque payable to "Connexion Psychological Practice Ltd." by mail, or in person to the following address:

**Suite 1203, Island Beverley, 1 Great George Street,
Causeway Bay, H.K.**

Title:* Professor Dr. Mr. Mrs. Ms.

First Name: _____

Last Name: _____

Correspondence Address:

Tel: _____

Fax: _____

Email: _____

Organization: _____

Position: _____

(CE & CME points are pending)

Signature: _____ **Date** _____

Two days workshop on Focusing by Nada Lou

What is Focusing?

Focusing is a mode of inward bodily attention that most people don't know about yet. It is more than being in touch with feelings & different from bodywork. Focusing occurs exactly at interface of body-mind. It consists of specific steps for getting a body sense of how you are in a particular life situation. Body sense is unclear & vague at first, but if you pay attention it will open up into words/images & you experience a felt shift in your body. In process of Focusing, one experiences a physical change in way that the issue is being lived in the body. We learn to live in a deeper place than just thoughts or feelings. The whole issue looks different & new solutions arise.

What are the benefits of Focusing?

- Focusing helps to change where people are stuck.
- Felt shift that occurs during Focusing is good for the body, and is correlated with better immune functioning.
- More than 100 research studies have shown that Focusing is teachable & effective in many settings.
- Focusing decreases depression & anxiety, improves the relation to the body.

About the Trainer



Nada Lou is The Focusing Institute Coordinator and an International trainer, teacher, presenter and leader. She trained and certified great number of people around the world as Focusing Professionals. With a double specialty in Focusing and Thinking at the Edge (TAE), Nada also developed many varied programs in BioSpiritual Focusing, Focusing and Dreams, Focusing for Negotiation, Listening and Communicating for everyday life. Because of this, she is one of the well known teachers and Coordinators for the Focusing Institute. Nada has given many Focusing and TAE Levels Workshops in her home country of Canada, as well as internationally including Australia, US, Europe, Hong Kong, New Zealand and South America. She also trains Focusing/TAE and Trainers who wish to become Coordinators. Nada is well known in the Focusing world through her videos that have brought the teaching of Gene Gendlin and other Focusing luminaries into our homes and offices. (Clips are accessible on YouTube.) www.nadalou.com. After co-presenting with Dr. Gendlin, she took her teaching around the world. She wrote Grassroots Introduction Manual to TAE as a tool for people who are interested in developing this practice.

Who should attend?

- Anybody interested in this life-skill for personal growth
- Helping professionals in related areas who are eager to refine helping skills are welcomed
- Counselors and therapists who are eager to :
 - deal with clients' resistance for better changes.
 - help clients in being congruent with bodily senses and be able to seek changes from inside.
 - gain empathy and congruence with themselves as a model to clients
 - develop empathetic listening skills through Focusing

2-Day Workshop # 1 on

Basic Focusing

Introduction of Focusing

2-Day Workshop #2 on

Focusing Listening and Partnership

Pre-requisite: Basic Focusing 1A

1-Day Workshop #3 on

Preparation for PFP (Proficiency as Focusing Partner) Award

Pre-requisite: Focusing 1A and 1B

Fulfilling this practice requirement you will be eligible to attend additional workshop in October or November and if successful be granted The Focusing Institute Proficiency as Focusing Partner (PFP) Award Proficiency as Focusing Partner (PFP) Award Document will be signed by the Focusing Institute NY.

Outline:

Workshop # 1: Basic Focusing

Introduction of Focusing

- Discover Felt Sense
- Guided ways to explore inner experiences
- 6-Step Model of Focusing
- Expressing skills of inner movements
- Live demonstration and practice exercises

Workshop # 2: Focusing Listening and Partnership

- Concept of Focusing Partnership
- Focusing Listening
- Focusing Partnership listening skills
- Safety issues in Focusing
- Partnership Focusing and Guiding
- Live demonstration and practice exercises

Workshop # 3: Preparation for PFP (Proficiency as Focusing Partner)

Award

This day will be spent in explaining, practicing and planning the study/experiential structure for this work for the next 6-8 month. You will chose your partners, plan the times and locations to do individual/pair practice, practice groups and additional supervision by phone/Skype with Nada

Participants: Social workers, counselors, family therapists, psychologists, psychiatrists, nurses, teacher, family doctors, academics & related helping professionals

Details of 2-day Workshop:

Date : Mar 1 & 2, 2011 (Thu & Fri)

Workshop # 1 **Basic Focusing**

Fee : HK\$ 2,200 (regular)

(Limited seat, first come first serve)

Date : Mar 5 & 6, 2011 (Mon & Tue)

Workshop # 2: **Focusing Listening and partnership**

Fee : HK\$ 2,200 (regular)

(Limited seat, first come first serve)

Date : Mar 7, 2011 (Wed)

Workshop # 3: **PFP(Proficiency as Focusing Partner) Award**

Fee : HK\$ 1,100 (regular)

(Limited seat, first come first serve)

Language: English

Time : 9:30 pm – 5:30 pm

Venue : to be advised

Attendance: 24participants maximum

Important Notes

* Applications will be processed on a first-come-first serve basis * Application will only be secured with payment. * Fees are non-refundable. * Note of acceptance will be sent to applicants by email within 2 weeks upon course commencement. * Course receipt will be distributed to applicants on at the workshop. * Certificate of Attendance will be presented to participant. If black rainstorm warning signal or typhoon signal no. 8 is hoisted at or after 6:15a.m., any training activity will be cancelled. Details of postponement or other arrangements will be announced afterwards.

For Enquiry: Phone: 2881-8860;

Email: psychology@connexion.com.hk

Website: www.connexion.com.hk