

Learning Focusing Skills & Focusing for Generative Thinking (TAE)

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?

- ② Focusing helps to change where people are stuck.
- ② Felt shift that occurs during Focusing is good for the body, and is correlated with better immune functioning.
- ② More than 100 research studies have shown that Focusing is teachable & effective in many settings.
- ② Focusing decreases depression & anxiety, improves the relation to the body.

Nada Lou, Certifying Coordinator

Nada is well known throughout the Focusing world for her double specialty in teaching Focusing and Thinking at the Edge (TAE). Nada is a Focusing Institute Certifying Coordinator who trains those wishing to teach either Focusing or TAE. She has co-presented several TAE workshops with Dr. Gendlin and is in the forefront of spreading this new practice around the world. 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.

Author of Grassroots Introduction Manual to TAE and creator of the many DVDs Nada has the ability to gently and patiently nurture each person's inner process. She offers a series of workshops in Focusing and TAE. see more at www.nadalou.com.



**Levels 1A (Nov 24-25, 2 days), 1B (Nov 26-27, 2 days)
PFP (Dec1, 1 day with extended practice and Award)**

Who should attend?

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

1A: Basic Focusing (Nov24-25, 2014, 2-Day Workshop)

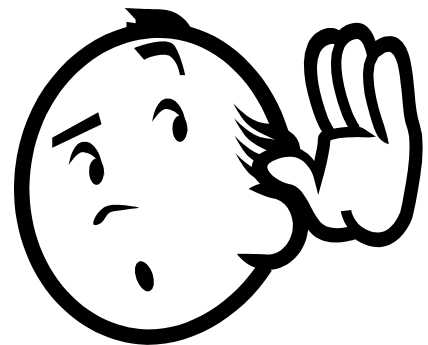
Introduction of Focusing

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

1B: Focusing Listening and Partnership (Nov26-27, 2014, 2-Day Workshop)

Pre-requisite: Basic Focusing 1A

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



Preparation for PFP (Proficiency as Focusing Partner Award) (Dec1, 2014, half-Day Workshop)

Pre-requisite: Focusing 1A and 1B

This time 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 Skype with Nada.

Fulfilling this practice requirement, if successful you will be eligible to be granted The Focusing Institute Proficiency as Focusing Partner (PFP) Award Document. PFP Award will be signed by the Focusing Institute NY and Nada Lou TFI Certifying Coordinator (CC).

Focusing For Generative Thinking – TAE (Nov29-30, 2Day)

People find that THINKING in a Focusing way opens a whole new awareness of their hidden gifts they've been holding inside for years. They are surprised by the discovery of their own untapped wisdom.

During Focusing process something in you changes and that shift becomes a new doorway into your inner world. The shift is preverbal and often remains unused because of poor communication. Focusing for Thinking is a natural evolution of articulating authentically the felt sense that was received from Focusing experience. Focusing for Thinking is a method that promotes the use of WholeBrain and advances your own Generative Thinking into actions.

Focusing for Generative Thinking is a practice for thinking freshly about what you know...but cannot yet articulate ... what you really mean. In a step-by-step process you will learn how to say more and how to use this language as building blocks for your developing projects. Then your new projects can be put into the world with clarity, confidence and success.

The skills from this workshop can be used in many different areas of life: personal development, business meetings, professional proposals, creative writing, family interaction, public speaking, educational events, negotiation skills, mediation, and in endless other ways.

With Focusing for Generative Thinking (TAE) your speaking will become clearer, your writing more inspiring, your communication more stimulating, and your life moving into accomplishing projects that needed new ways of approach.



Take this program if any of these feel right to you, satisfy your desire or need to learn:

- ② You will have an adequate amount of time to practice and soundly ground yourself in the Focusing for Generative (TAE) method.
- ② You will develop unexpected, enriched, enhanced personal power for your involvement in work, studies, creativity, business and life in general.
- ② You will be introduced to working in a partnership that supports YOUR development and enjoy its benefits. You will learn how to support your partner in their project.
- ② You will have an overview of what this new practice can offer to you, providing you with a blueprint you can use in many work and life situations.

Why would you want to learn focusing for generative thinking method?

- 🌀 Is your thinking loaded with too much information and it still does not feel complete?
- 🌀 Do you wish to speak clearly but find yourself lacking the right words?
- 🌀 Is your writing a struggle, you know there is more but you can't get to it?
- 🌀 You feel stuck and don't know how to find the right next step?



Program Objective:

- ✚ Familiarize participants with benefits of Focusing and Thinking methods.
- ✚ Apply felt sensing experientially into personal creative aptitudes.
- ✚ Learn how to use Thinking and Communicating building blocks (method) as Life Skills.

In this course you will learn:

- ✚ To identify what your heart is calling you to do
- ✚ To design and launch your project
- ✚ How to find what inspires you and how to give life to your projects.
- ✚ How to think and use language that is authentic expression of your meaning
- ✚ How to write for yourself and how to write for the public
- ✚ How to use these tools in your work, business, therapy, teaching practices
- ✚ How to get started and keep going

Is this program right for you? Do any of these speak to you?

Private projects I have an idea about starting a small enterprise, but I don't seem to know where to start.

Artistic expressions I am a musician, my music flows from me easily, but my lyrics are weak. I know I have more to express but it seems I just don't have the right words.

Academic writing I am in the process of writing my thesis - I get stuck and discouraged. Ideas come but get jammed into endless loops.

Professional proposals I want to present a new promising direction for our company, and I would like to prepare my proposal to be credible and professional.

Business meetings I want to prepare myself for the meeting next week by clarifying many issues that are on the proposed agenda.

Personal development I know I can have a more successful career, but I need to find what is it that I would be happier to do.

Partnership dialogue My girlfriend just doesn't get what I mean when I say "commitment" - I need some better way to say it.

Family interaction In family gatherings, what I have to say is very important. My voice is heard but I am not understood correctly or is misinterpreted. I need a better way to say it.

Negotiation skills There must be a better system in negotiations than what I am doing. As a business person and educator, I want to find a way to improve this area in my life.

Public speaking I wish I could find the way to put into words what I know and want to communicate to this group.

Education My course needs updating. How can I preserve what's important and breathe new life into it?



Details of Workshop

Workshop#1	1A: Basic Focusing	Nov24-25,2014
Workshop#2	1B: Focusing Listening and Partnership	Nov26-27,2014
Workshop#3	Focusing for Generative Thinking (TAE)	Nov29-30,2014
Workshop#4	Proficiency as Focusing Partner (PFP)	Dec1,2014

1 Workshop	Workshop#1 or Workshop #2 or Workshop #3		
(Choose one workshop)	HK\$2,200	HK\$2,100	(Early bird before Sept 15,2014)
Special Offers Add PFP	HK\$1,000	HK\$900	(Early bird before Sept 15,2014)
2 Workshops	Workshop#1 or Workshop #2 or Workshop #3		
(Choose two workshop)	HK\$4,300	HK\$4,100	(Early bird before Sept 15,2014)
Special Offers Add PFP	HK\$1,000	HK\$900	(Early bird before Sept 15,2014)
3 Workshops	Workshop #1 & Workshop #2 & Workshop#3		
(Total three workshop)	HK\$6,400	HK\$6,100	(Early bird before Sept 15,2014)
Special Offers Add PFP	HK\$1,000	HK\$900	(Early bird before Sept 15,2014)
4 PFP Workshop	Workshop#4		
	HK\$1,100	HK\$1,000	(Early bird before Sept 15,2014)

- ✧ **Language:** English
- ✧ **Time :** 9:30 pm – 5:30 pm
- ✧ **Venue :** to be advised
- ✧ **Attendance:** 30 participants maximum
- ✧ **For Enquiry:** Phone: 2881-8860
- ✧ **Email:** psychology@connexion.com.hk
- Website:** www.connexion.com.hk

➤ **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.

Connexion Psychological Practice Ltd. Registration Form

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.

<input type="checkbox"/> 1 Workshop	<input type="checkbox"/> 1A (Nov 24-25)	<input type="checkbox"/> 1B (Nov 26-27)	<input type="checkbox"/> TAE (Nov 29-30)
(Choose one workshop)	<input type="checkbox"/> HK\$2,200	<input type="checkbox"/> HK\$2,100	(Early bird before Sept 15, 2014)
Special Offers Add PFP	<input type="checkbox"/> HK\$1,000	<input type="checkbox"/> HK\$900	(Early bird before Sept 15, 2014)
<input type="checkbox"/> 2 Workshop	<input type="checkbox"/> 1A (Nov 24-25)	<input type="checkbox"/> 1B (Nov 26-27)	<input type="checkbox"/> TAE (Nov 29-30)
(Choose two workshop)	<input type="checkbox"/> HK\$4,300	<input type="checkbox"/> HK\$4,100	(Early bird before Sept 15, 2014)
Special Offers Add PFP	<input type="checkbox"/> HK\$1,000	<input type="checkbox"/> HK\$900	(Early bird before Sept 15, 2014)
<input type="checkbox"/> 3 Workshop	1A (Nov 24-25) & 1B (Nov 26-27) & TAE (Nov 29-30)		
(Total three workshop)	<input type="checkbox"/> HK\$6,400	<input type="checkbox"/> HK\$6,100	(Early bird before Sept 15, 2014)
Special Offers Add PFP	<input type="checkbox"/> HK\$1,000	<input type="checkbox"/> HK\$900	(Early bird before Sept 15, 2014)
<input type="checkbox"/> PFP Workshop	Dec 1, 2014		
	<input type="checkbox"/> HK\$1,100	<input type="checkbox"/> HK\$1,000	(Early bird before Sept 15, 2014)

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

First Name: _____

Last Name: _____

Correspondence Address:

Tel: _____ **Fax:** _____

Email: _____

Organization: _____

Position: _____ (CE & CME points are pending)

Signature: _____

Date: _____