

Learning Focusing Skills & Proficiency as Focusing

Partner 生命自覺的技巧和運用(設有中文翻譯)

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?

- ① Focusing helps to change where people are stuck.
- ① Felt shift that occurs during Focusing is good for the body, and is correlated with better immune functioning.
- ① More than 100 research studies have shown that Focusing is teachable & effective in many settings.
- ① 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 (Apr3-4, 2 days), 1B (Apr5-6, 2 days) PFP (Apr7, 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 (Apr3-4, 2015, 2-Day Workshop)

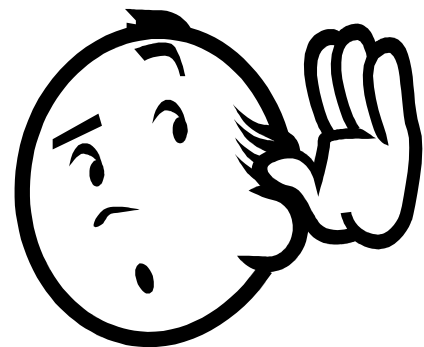
Introduction of Focusing

- ✚ 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 (Apr5-6, 2015, 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) (Apr7, 2015, 1-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).

Details of Focusing Workshop

1A Basic Focusing	Apr3-4, 2015
1B Focusing Listening and Partnership	Apr5-6, 2015
PFP Proficiency as Focusing Partner	Apr7, 2015
TAE Focusing for Generative Thinking	April 9-10, 2015

One Workshop	Basic Focusing or Focusing Listening and Partnership	
(Choose one workshop)	HK\$2,200	HK\$2,100 (Early bird before Mar6,2015)
Special Offers Add PFP	HK\$1,000	HK\$950 (Early bird before Mar6,2015)
Two Workshops	Basic Focusing and Focusing Listening and Partnership	
(Choose two workshop)	HK\$4,300	HK\$4,100 (Early bird before Mar6,2015)
Special Offers Add PFP	HK\$1,000	HK\$950 (Early bird before Mar6,2015)
PFP Workshop	Proficiency as Focusing Partner	
	HK\$1,100	HK\$1,050 (Early bird before Mar6,2015)
TAE Workshop	Focusing for Generative Thinking	
	HK\$2,400	HK\$2,100 (Early bird before Mar6,2015)

- ◇ **Language:** English / 另設中文翻譯
- ◇ **Time :** 9:30 pm – 5:30 pm
- ◇ **Venue :** to be advised
- ◇ **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.

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<input type="checkbox"/> Choose One Workshop (1A or 1B)	<input type="checkbox"/> 1A (Apr3-4,2015) or <input type="checkbox"/> 1B (Apr5-6, 2015)	
	<input type="checkbox"/> HK\$2,200	<input type="checkbox"/> HK\$2,100 (Early bird before Mar6,2015)
Special Offers Add PFP	<input type="checkbox"/> HK\$1,000	<input type="checkbox"/> HK\$900 (Early bird before Mar6,2015)
<input type="checkbox"/> Two Workshop (1A & 1B)	1A (Apr3-4,2015) & 1B (Apr5-6, 2015)	
	<input type="checkbox"/> HK\$4,300	<input type="checkbox"/> HK\$4,100 (Early bird before Mar6,2015)
Special Offers Add PFP	<input type="checkbox"/> HK\$1,000	<input type="checkbox"/> HK\$900 (Early bird before Mar6,2015)
<input type="checkbox"/> PFP Workshop	Proficiency as Focusing Partner (Apr7, 2015)	
	<input type="checkbox"/> HK\$1,100	<input type="checkbox"/> HK\$1,000 (Early bird before Mar6,2015)
<input type="checkbox"/> TAE Workshop	Focusing for Generative Thinking (Apr 9-10, 2015)	
	<input type="checkbox"/> HK\$2,200	<input type="checkbox"/> HK\$2,100 (Early bird before Mar6,2015)

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

First Name: _____

Last Name: _____

Correspondence Address:

Tel: _____ **Fax:** _____

Email: _____

Organization: _____

Position: _____ (CE & CME points are pending)

Signature: _____

Date: _____