

# Focusing by Nada Lou

Date : Mar 1 & 2 / 5 & 6 / 7, 2012

## About the Trainer



Connexion Psychological Practice Ltd.

Tel : 28818860

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

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](http://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.



## 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.

### Workshop # 1 Basic Focusing

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

Fee: HK\$ 2,200 (regular) (Limited seat, first come first serve)

### Workshop # 2: Focusing Listening and partnership

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

Fee: HK\$ 2,200 (regular) (Limited seat, first come first serve)

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

Date: Mar 7, 2011 (Wed)

Fee: HK\$ 1,100 (regular)

Language: English

Time : 9:30 pm – 5:30 pm

Venue : to be advised

Attendance: 24 participants maximum

(Limited seat, first come first serve)



## Outline of the Workshop

### 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
- Concept of Focusing Partnership
- Focusing Listening

### Workshop # 2: Focusing Listening and Partnership

- 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**

### How to Apply?

- Please Call Us For More Information. (Tel: 28818860)
- Download form from (<http://www.connexion.com.hk/news/Focusing%20Nada%20%202012%20Mar.pdf>)
- Complete the 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.

### 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

