

Focusing Oriented Expressive Therapy and Trauma Resolution

Do you want to learn how to:

- ***Be a better listener to yourself?***
- ***Make clear choices?***
- ***Be calm and compassionate to yourself?***
- ***Support yourself through change?***
- ***Feel relaxed and less stressful?***

Focusing helps you learn how to be Present and listen to yourself so that you can move ahead in your life in an empowered and safe way. Focusing brings you closer to wholeness and allows you to access your inner wisdom. This helps you move in the direction of your potential. It can help you move beyond blocks and get in touch with your goals. Focusing is a gentle and powerful way to develop a deep interpersonal healing relationship with yourself. Awareness of sensations in the body can be blocked through habits of dissociation and repression. This is because the sensation maybe uncomfortable or painful, and we are not trained to focus on this inner knowing and awareness of the body.

Level One in Focusing Training: Jan. 29, 30, 31
Friday night from 6:30 p.m. –9:30 p.m., Sat, Sun 10:00 a.m. 3:30 p.m.
Cost: \$275.00 & \$30.00 workbook
Location: 100 rue des Ruines du Monastère, Winnipeg, MB R3V 1L6
Canada

I am studying Interrelationship Focusing with Ann Cornell and Wholebody Focusing with Glenn Fleish and combined with my knowledge of Somatic Experiencing and Expressive Therapy I am excited to offer Focusing Level 1 thorough to 4. I lead creativity, archetypal and therapy workshops and I have a private practice as an Art Therapist in Regina, SK. Canada. I teach Art Therapy at several retreats and schools in Canada and internationally. My workshops are entertaining and insightful. I have taught workshops at Hollyhock B.C., Hawaii, Italy, throughout the U.S.A. and several retreats in Canada. I create an enriched creative process to play, explore and learn in.

My somatic approaches help clients befriend their body, which they so often have come to see as the enemy. I have developed a trauma framework which includes expressive theories, Somatic Experiencing and Focusing.

To register:

1-306-569-2974 Email: kwallace@islandnet.com Web site: www.islandnet.com/~kwallace

What is Focusing?

Focusing is “direct access to bodily knowing.” It is a practice that takes a person towards a state of conscious perception that goes far beyond knowing something on a mere conceptual level. As with Somatic Experiencing, Focusing refers to this bodily knowing as a felt sense. This is a source from which new steps emerge. This murky zone “opens” as you learn to stay with it longer. Being with it increases the ability to sense feelings behind words or images, even when those are not yet formed. Eventually, you can learn how to let a deeper bodily felt sense come in relation to any problem or situation. It is a subtle process, hard to define in words. Focusing was developed by the philosopher Eugene Gendlin in the late 1960s and early 70s, while he was working with the famed psychologist Carl Roger.