

17 Focusing Skills Course for Creativity and Healing

Course Level Titles & Dates

Wednesday Evenings All times **19.00 am– 21.00 pm** GMT (some exceptions may be stipulated and *some periodic changes may* be made to certain dates due to changing circumstances)

Sept 7, 2022 – May 3, 2023

LEVEL 1: Begin the adventure of Focusing

DATES: Sept 7, 14, 21, 28. Oct 5, 12. 2022

- **Introducing focusing**
- **Allow you to engage in focusing partnerships**
- **Exploring the landscape – Focusing and silent listening**
- **Presence, our greatest friend and resource**
- **Letting it be there as fully as it wants to be**
- **The shape of the Focusing process**

LEVEL 2: The Fresh Edge

DATES: Oct 26. Nov 2, 9, 16, 23, 30. 2022

- **The power of the word “something”**
- **The felt sense and qualities of it**
- **Ways of beginning a Focusing session**
- **GAP Grounded Aware Presence**
- **Clearing a space**
- **Inviting the felt sense of a specific issue**
- **Becoming a true companion**
- **Focusing partnerships**

LEVEL 3: Coming Home to the Magic of the Senses

DATES: Dec 7, 14. (NOT 21 & 28) Jan 4, 11, 18, 25. 2023

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- The gifts of the body in Focusing and Companioning
- Whole body aliveness as a gateway to the bigger space
- Allowing something to be there more fully – and to find its own way forwards
- Gestures, postures & movement and the 'felt-sense'
- The Body and resonance with Nature
- Sensing both challenge and enjoyment with equal positive regard
- Whole-body listening

LEVEL 4: Creativity, Play and Self resourcing

DATES: Feb 8, 15, 22. March 1, 8, 15. 2023

- Self-guiding skills and Phrases
- Play and lightness in Focusing
- Deepening contact and receiving
- Creativity an space of open possibility
- Inviting direct relationship

LEVEL 5: Healing, a universal home of abundance

DATES: Mar 29. Apr 5, 12, 19, 26. May 3. 2023

- Focusing and exploring the meaning of healing
- What limits us and our potential
- What does freedom mean?
- Levels of healing, physical, emotional and spiritual
- Poetry and inspirational quotes to support wellbeing
- Resting in the Limitless