



Focusing – a tool for self-care, exploration and growth

Online offerings May & June 2022

Interested in learning Focusing to support yourself and in a peer exchange? This is a fascinating way to explore your experience and gain mutual support. My next **Intro to Focusing** is in June. If you already have experience of Focusing, I still have places on **Focusing with a Life Issue** in May which gives you the chance to Focus on an issue of your choosing, learning how different aspects of the Focusing practice can support you with this issue. *Book soon to ensure your place!*

Focusing Refresher/Practice Group - 6.30-8.30pm 12th May - £25 Online

Have you have done some Focusing in the past but feel a bit rusty and want to get back into the practice? Or maybe you've done an Intro course more recently and want to keep your practice alive between now and the Autumn's Skills Certificate. Maybe you just love Focusing and would like to join with a small supportive group to share Focusing and Listening turns. This group will allow us time to settle together, explore questions or issues you may have about Focusing and/or explore a particular aspect of the Focusing practice, as well as of course doing some Focusing and Listening exchanges.

TO BOOK <http://www.suzimackenzie.com/focusing---short-online-courses.html>

Focusing with a Life Issue: Four week personal development course Thursdays 13.00-15.30 19th, 26th May, 2nd, 9th June - £130 Online

Take the opportunity to work on an issue in your life with the support of the Focusing process in a small regular group. You might want to improve your self-esteem, work on a relationship issue, break a habit or consider a life choice. We will look at our relationship with ourself and what holds us back in life. Focusing with a life issue can help you get a clearer sense of how your body wants you to live forward with this issue. Over the four weeks we will cover: Developing grounded presence; recognising and working with parts; understanding why you get stuck and how to start getting unstuck; understanding and beginning to make contact with more vulnerable parts of yourself. You can join the course if you have done an Introduction or equivalent one to ones – there is still time to book in one to ones prior to the course if needed.

TO BOOK or for further info see next page or <http://www.suzimackenzie.com/focusing-with-a-life-issue.html>

"I did not anticipate the level of awareness or change that Focusing with a life issue has engendered. Listening to other parts and learning to listen to their perspective has opened my eyes. Suddenly areas that I was wary of are less intimidating"

"A gentle introduction to Focusing with a life issue, gaining the knowhow to take it forwards on my own (or with another)"

"Focusing... has a magical quality as it does not force, restrict or punish...I am beginning to realise...how I can listen to various parts of me, how safe that can also be with a gentle companion"

"A very well graduated approach, opening up new dimensions to Focusing each week, deepening the practice as we went"

Introduction to Focusing – 4th & 5th June - 10-5 - £140 - on Zoom (also running 10th & 24th Sep)

What is Focusing? What is the felt sense? In this course you will be introduced to the Focusing process and the particular way of Focusing Listening. We will explore the Focusing attitude and the practice of 'clearing a space' (which can help with overwhelm). Learn the gentle yet empowering practice of Focusing for getting a better sense of how you feel and what you need. Connect with the inner wisdom that your embodied experience holds and experience a fascinating and enlivening way of connecting with others. The two days count as the first two days of the Focusing Skills Certificate if you wish to proceed to that. After the Intro course you should have the skills to enter a Focusing-Listening partnership

Places for Saturday only may be possible (£70)

TO BOOK <http://www.suzimackenzie.com/focusing-training.html>

One to One Guided Focusing Sessions – usual fee £55

TO BOOK/ FOR MORE DETAILS

<http://www.suzimackenzie.com/focusing-training.html>

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Focusing with a Life Issue: Four Week Personal Development Course **Thursdays 13.00-15.30pm 19th, 26th May, 2nd, 9th June - £130 Online – maximum 6 people**

Take the opportunity to work on an issue in your life with the support of the Focusing process in a **small regular online group**. You might want to, for instance, **improve your self-esteem, work on a relationship issue, break a habit or consider a life choice**. The course will expand your knowledge of Focusing, enrich your Focusing practice and deepen your connection with yourself and others. The **taught aspects** on our relationship with ourself and what holds us back in life, along with the **group sharing** will compliment your **Focusing partnership practice** on the course to help you work on your chosen issue. An **optional discounted one to one Focusing session** enhances the process further.

If you have experienced Focusing before you will know the power that this natural process has to help us get in touch with our inner knowing. If you don't have prior experience of the Focusing-Listening process you can join the group on completion of a one to one session with Suzi. Focusing with a life issue can help you get a clearer sense of how your body wants you to live forward with this issue. Listening in to your holistic sense of yourself in your life can bring a fresh sense of the issue and of your unique process towards shifting it.

Develop your ability to be present with yourself, get familiar with your parts and notice how they interact. Develop the life practice of listening inside in a compassionate, embodied way which welcomes all aspects of your experience. Experience how being present with your all your inner parts can help you unlock their potential to work together.

Week one: Developing Presence

Developing our ability to be present with ourselves is the key to feeling able to manage our difficult emotions and experiences in life. From a place of grounded presence we can be with the different aspects of our inner experience in a way which supports them, allows us to learn from them and make progress with life issues. This is the foundation for the rest of the series.

Week two: Working with our parts

We all host a range of parts inside us – these inner aspects of ourselves serve a purpose and can move and change over time. Being identified with a part can lead to problems in our lives. We may push away or shutdown certain aspects of our experience, or become overwhelmed by them. Learning to listen to these parts with balance helps us know what the *whole* of us needs.

Week three: Working with what's stuck

Many persistent life difficulties relate to a sense of something being stuck. You will learn why you might not seem to progress, whatever you try, and how inner listening can help get your life energy unstuck and moving forward.

Week four: Working with lesser known parts

Often parts of us that we are not aware of or in touch with can have a big influence on our lives. You will gain more understanding of your relationship with these parts and explore how beginning to make contact with them can help you move forward.

Optional discounted one to one Focusing session at the beginning of the course to help you hone in on the issue you wish to work with or at the end of the course to help you consolidate what has emerged throughout the course. A combination of the group work and one to ones will enhance your experience.

Discounted one to ones (£40) should be booked early to ensure availability. Additional one to ones (£55) can also be scheduled to supplement the experience further.

If you have any questions about the course, or about whether you have suitable experience to join, do get in touch. As a rough guide, if you have taken part in a day's Introduction to Focusing or had a one to one session either of which included taking both the role of Focuser and Listener, you will be able to join, but other appropriate experience will be considered.

Certificate in Focusing Skills

Introduction to Focusing – Improving our Relationship with Ourselves - days one and two

What is Focusing? What is the felt sense? You will be introduced to the Focusing process and the particular way of Focusing Listening. We will explore the Focusing attitude and 'clearing a space'. After the two days you should have the skills to enter a Focusing-Listening partnership.

Day One: 4th June, 10th Sep 2022

Day Two: 5th June, 24th Sep 2022

Blocks and the Inner Relationship - day three 15th October 2022, day four 26th November 2022

What are the reasons why you might get stuck when you're Focusing? We will look at blocks to the Focusing process - particularly the Inner Critic - and how to work with them. We will also look at the Inner Relationship, working with the different parts of us and issues to do with the self.

Listening, Language and the Body - day five 29th January 2023, day six 25th February 2023

We will look at deepening your listening practice, making the Focusing process collaborative and how use of language can influence the Focusing process. We will also explore our connection with the body and utilising the wider space to support us.

Dreaming and Intuition - day seven 25th March, day eight 29th April 2023

This weekend will give us the opportunity to be with our dreams and explore them in a Focusing way. You will be invited to let go of rational thought and allow in the childlike or instinctual so we can look at intuition and what nourishes it.

Creativity and Values into Action - day nine 20th May, day ten 24th June 2023

The final weekend will include more opportunity to nurture creativity and intuition. We will look at how Focusing may relate to your values or spirituality and how we can work with action steps. On completion of the five weekends you receive the BFA Focusing Skills Certificate.

All workshops are experiential and involve plenty of opportunity to practice Focusing!

Content subject to alteration.

ONLINE – VIA ZOOM

Days 1 & 2: £140 (may be possible to book separately at £70)

Subsequent workshop pairs £140 each or £520 if days 3-10 booked together

For information and to book www.suzimackenzie.com/focusing-training 07851 086 396 suzimac55@hotmail.com

Suzi Mackenzie is a BACP Senior Accredited Counsellor, Qualified Supervisor and BFA Certified Focusing Teacher available to teach Focusing one to one and for groups.

