



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

Online Focusing training September and onwards

My **September Intro course** is now full but there are regular opportunities to do this course through the year and if you are interested in taking the **Focusing Skills Certificate, starting from October** this year you can still do so if you arrange one to ones with me before hand as your Introduction. I will be running a **Refresher/practice group** for those wishing to keep their hand in with Focusing and meet other likeminded folk. In the Autumn I will also be running a **group to explore taking responsibility for white identity through Focusing** and I'd love to hear from you if this area interests you, even if you can't attend this time. Also, do get in touch if you have an interest in attending **something Focusing related in person in Brighton**. Would you like a chance to **get £30 off your next Focusing experience with me?** If so, please complete this short questionnaire <https://www.surveymonkey.co.uk/r/7SXLBWW> and one person drawn at random will get this discount! This will also help me gauge what you'd like to see in future workshops.

Introduction to Focusing leading on to Focusing Skills Certificate – runs Mar, Jun, Sep and via one to one sessions

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. Can also be done as one to one sessions.

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

Focusing Refresher/Practice Group - 6.30-8.30pm 8th Sep - £25 – on Zoom

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 on Identity and Diversity – exploring embodied experience of whiteness

Thursdays 6.30-9pm - 10th, 17th, 24th Nov & 1st Dec - £130 - on Zoom - 3-5 places max

Do you have an interest in exploring your own cultural identity and how this might impact on your being in the world, your being with others? I am planning an opportunity for those identifying as white to engage with our own identity and our experiences around difference, power and prejudice in a small experiential group, to support taking responsibility for ourselves in these areas. Focusing is a great way to explore such issues which challenge us, as the radical acceptance in the Focusing attitude allows a safe space for being and exploring. Exploring identity and diversity can also be fascinating and uplifting and helps us deepen our empathy for others and compassion for ourselves.

Exploring our identity and response to difference through the lens of our embodied experience allows an expanded awareness and potential to shift bodily held states (often influenced by fear) which keep prejudice in place. Focusing has a unique capacity to hold us in our own inner exploration of this complex and emotive area and support us to a place of greater openness to dialogue non-defensively around issues of race and to be connected with our shared humanity. This will be a small group to ensure a safe space for sharing and learning with openness rather than self-blame.

You can join this group if you already have experience of Focusing: if you done an Introduction to Focusing or more. If you are interested but have no/less experience of Focusing, do get in touch to see if we can arrange one to one sessions to give you the necessary experience to join. I may also run another course at a later date for those with no prior Focusing experience and/or a daytime version.

TO BOOK - <http://www.suzimackenzie.com/focusing---short-online-courses.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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Certificate in Focusing Skills

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

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Day One: 9th July/ 10th Sep 2022

Day Two: 10th July/ 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 28th 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.

