



Focusing Foundation One

*Do you long to slow down and reconnect
with your body and its wisdom?*

This course is a gift for your life! Focusing is a gentle and empowering body-oriented listening process that supports us to be present with our inner experience, enabling it to unfold. The course offers practical and powerful steps to live from a steady, embodied, authentic place. You'll learn how to listen to your body's innate wisdom so that clarity and fresh understandings about everyday situations or issues can arise.

This ten week online course offers you a unique opportunity to learn the core skills of focusing in a small group environment. You'll develop skills and confidence to connect to yourself and also be present with others. It will enable you to bring more of yourself to your life. The teaching of these foundational skills is grounded in practical, experiential exercises and regular time in listening partnerships. It leads onto the possibility of on-going partner practice and community.

What does the course offer?

Embodied listening

Through a clear and gentle process, the course helps you develop practical skills to connect with your body's wisdom as it relates to the life issues you bring to the focusing process.

Cultivating steadiness and presence

Learn reliable steps to find steadiness and ground so that you can come into relationship with the whole range of your experience and attend to it in a kind, curious, non-judgemental way.


A pathway to insight & clarity

If you feel unclear or stuck, focusing can bring clarity, forward movement and help inform decision-making or next steps.

Inner change

Learn to create the conditions for inner change to happen without trying to fix yourself or control outcomes. Experience working with yourself in a gentle, patient, compassionate way that honours your natural pace.

This might be for you if...

- You want to be more self-accepting and to know yourself better
 - You often feel caught up in thinking and want to access more of your body's inner knowing and wisdom
 - You're feeling stuck or have difficulty making decisions
 - You'd like to slow down, attend to yourself and process life issues and experiences, but don't have a structure to enable this
 - You're wanting to feel heard, met or listened to
 - You'd like to be grounded and steady in yourself and in the presence of others
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What the course includes:

- A pre-course individual focusing session to give you an experience of the focusing process
- Nine weekly classes of 2.5 hours each over 10 weeks (Week 6 is a non-class partnership practice week)
- The Focusing Student's and Companion's Manual by Ann Weiser Cornell and Barbara McGavin - weekly reading material will be taken from this text.
- In-class teaching
- Teacher demonstrations and paired in-class exercises
- A weekly focusing practice with partners to consolidate your skills - approximately one hour outside of class time (in person, by phone or online)
- Access to class recordings if you miss a class

Course details:

Dates: Wednesdays, 29 April – 1 July

Time: 10am - 12.30pm AEST

Where: Online through Zoom

Cost:

\$650: If you have a regular wage or a reliable means of support

\$550: Concession

\$400: Unwaged

How to register:

If you would like to join the course, please register by **Tuesday 31 March**.

Trybooking: trybooking.com/DJUUC

The course requires a minimum of six people to run.

For any questions or queries contact:

Bernie: blhev1@gmail.com

Roslyn: roslyn.sem@gmail.com

Your body knows the direction of healing and life. If you take the time to listen to it through focusing, it will give you the steps in the right direction.

Eugene Gendlin



About the course facilitators . . .



Roslyn

I discovered Inner Relationship Focusing about ten years ago. During this time I've come to deeply trust the profound intelligence and body-wisdom it enables me to access. It helps me slow down and live from a more grounded and regulated place. It has given me skills and a process to compassionately meet and befriend difficult or long hidden parts of myself. Through Focusing I go beyond what is familiar to what is freshly forming in an exquisitely gentle way. This gives me clarity and a sense of next steps. And I have more of myself. Focusing is now an integral part of my life and is grounded in on-going practice partnerships and community. I'm a certified Focusing Trainer having completed Focusing Somatics Teacher Training with Focusing Australia.

I have a background in Horticulture with a life-long love of plants and nature. I'm also passionate about supporting personal and community well-being. I've worked in public education at The Royal Botanic Gardens Victoria, including being part of the team that created the Ian Potter Foundation Children's Garden. I've also worked as a Shiatsu therapist, and in customer support in the NDIS mental health sector.

I've been practicing yoga regularly for more than 30 years. I'm a forever reader, gardener and bushwalker. I sometimes dabble in art, and love the freedom of getting around on a bike!



Bernie

I first discovered Focusing in 2020 when I was looking for a tool to support valuing, honouring and listening to the body's experience and wisdom. It gave me that and more than I could have ever imagined!

Focusing has allowed me to access a bigger sense of myself so that I can accompany and support all of my inner experience and access my own inner knowing. I use it as a key practice to support emotion regulation and to allow inner experiences to unfold and be heard which supports healing, integration and wholeness. I've found that focusing provides insight, clarity and next steps to support decision making. It has led me to increased self-acceptance and an improved ability to live from my authentic self. It has been and continues to be incredibly empowering on many levels and has brought a beautiful community of other focusers into my life.

I have completed Focusing Somatics Teacher Training with Focusing Australia and am currently awaiting certification. I am a Social Worker with a background in carer support and aged care and a Spiritual Director trained in the Ignatian tradition. Outside of this I love reading a good book and always have something creative on the go – I am currently creating my second card deck! I am passionate about resourcing people, and working with them in a way that supports their growth, empowerment and wellbeing.

Through focusing we can unlock doors and move into dimensions that cannot be entered through the intellect alone.

Eugene Gendlin

