

The London Focusing Institute

London Course Location

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Greg Madison is a leading international Focusing teacher, Psychologist and conceptualiser of Experiential-Existential Therapy as an innovation of existential practice. Born in Canada and currently based in the UK, Greg is an experienced lecturer, practitioner, supervisor and author. He has recently founded The London Focusing Institute in order to make Focusing training more accessible to professionals and the general public.

www.londonfocusing.com



Focusing with Dr. Greg Madison

**June 13th & 14th
and
July 4th & 5th**



Focusing & Focusing-Oriented Therapy



Focusing is a way of paying attention to one's being-in-the-world, one's interaction as it is experienced through the individual (but not separate) body... it is understood as on-going process, not internal content (Gendlin, 1999)

A full 2-year specialisation in Focusing-oriented Psychotherapy will be offered late 2015, leading to **certification as a FOT with the Focusing Institute, NY and The London Focusing Institute**. The Introductory Workshops are an appropriate prerequisite to the Certification training or as stand-alone introductions.

Fellow experienced FOT teachers, as well as teaching assistants, will be joining Greg on the full training and potentially for the Introductory weekends in order to provide as much experiential attention as possible.

**Cost for the 2-day workshop:
£195.00**

**Contact us: ☎ 020 7278 4304
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Focusing & Focusing-Oriented Therapy Introductory 2-day Workshop for Practitioners across all Modalities

This workshop explores the therapeutic advantages of including an experiential Focusing dimension in the practice of psychotherapy. Eugene Gendlin's philosophy and the practice of Focusing is offered as a means of going beyond technique, objectification and diagnosis in order to practice therapy as a person-to-person relationship with existential depth. This natural body awareness can be sensitively integrated into our self-awareness during sessions with clients, impacting our ability to be fully present and affecting our client's ability to achieve concrete change.

Greg will introduce Focusing as a personal practice with potential for self-insight and for living in a more open way.

It will then take this awareness into our development as practitioners and explore the impact this way of working might have on our understanding of therapy. We will work from our own experience and client descriptions back to discussions of therapy, generating an exciting opportunity to examine our own preconceptions while also developing our therapeutic practice in a way that is a rigorous alternative to models of dominance.

Of interest to practitioners across all modalities, participants will acquire an introductory knowledge and awareness of a dimension that can enhance a more embodied approach to their own therapeutic practice.