

# EXPLORING THE FELT SENSE

## Level 1 Focusing Training

October 11, 18, 25, November 1, 8 and 15, 2012

This is a 12 hour module developed by Lucy Bowers available by telephone from 7:30 p.m. to 9:30 p.m. EDT.

This workshop is designed to introduce participants to the work of Eugene Gendlin Ph.D. called Focusing which is based on his Philosophy of the Implicit.

([www.focusing.org](http://www.focusing.org))

Participants will learn the 6 basic steps involved and have, by the end of the course, a basic understanding of what Dr. Gendlin has defined as the Felt Sense.

Participants will be asked to work in pairs between classes so that there will be a comfort level in knowing how those 6 steps manifest themselves while working with another person.

There will also be a curiosity and a trust developed in making this a personal practice to be used and integrated in the normal course of living one's life and relating to others.

There will be a better understanding of how one might move forward in this practice and begin using it with other ways of working towards, health, decision making, spiritual growth, creativity,

Conflict solutions, being with children, relationship issues, and life giving growth in all areas that can be imagined.

The fee for this module is \$250.00 The cost can be shared: if two people come together it would be \$400.00 for two. If a student for certification with Lucy Bowers, the cost is \$200.00.

This Level 1 is the first of 4 necessary for anyone interested in becoming a Certified Focusing Professional with the International Focusing Institute based in New York.

More information by calling or emailing

Lucy Bowers 416 690 4862

Certifying Coordinator, Focusing Trainer and Teacher The International

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