

The Learning Zone presents:  
**Touching the Soul: A Sexual Dilemma**  
with Bala Jaison Ph.D.  
(February 26<sup>th</sup> – 9:30 a.m. to 4:30 p.m.)

Have you ever been confused, surprised, or even upset by strong ‘un-nameable’ feelings that you’ve had for someone who has crossed your path and unable to explain what has happened – or why?

This one-day workshop covers a fascinating and often overlooked topic connected to a certain kind of *interactional intimacy* for which we do not yet have a name. As we become increasingly connected and interconnected with others (both in person and through all the various web possibilities) we begin to feel empathically drawn to, attracted to, and connected with others – *knowing* that they share our journey. However, (due to lack of discussion/clarity) these intense connections are often confused with sexual attraction, and consequent upset, confusion, and sometimes remorse. What has been ‘touched’ however, is not the body, but the deep feelings that one experiences when love has ‘touched the soul’.

Through the use of Focusing, experiential learning, group process, and demonstrations, participants will discover useful tools to discern the difference between these complex levels of attraction, and helpful strategies to deal with them.

This workshop will be applicable to both psychotherapists and clients – or anyone wishing to learn more about *interactional intimacy* in these times of ‘instant connection’!

Bala Jaison, Ph.D., author of *Integrating Experiential and Brief Therapy: How To Do Deep Therapy – Briefly and How To Do Brief Therapy – Deeply*, is an internationally recognized lecturer, trainer and workshop leader. She is a psychotherapist in private practice for individuals, couples and families, the Director of Focusing For Creative Living in Toronto, and a Certifying Coordinator for the International Focusing Institute. Dr. Jaison is also the Senior Editor of the *Folio*, the academic journal of the International Focusing Institute and has written extensively on the clinical applications of Focusing in therapy.

The location will be given when you register. Bring your own lunch; refreshments provided. Fee is \$150.00 (two for \$250.00) includes handouts.

Lucy Bowers for details and registration, 416 690 4862  
or email [the\\_learning\\_zone\\_to@hotmail.com](mailto:the_learning_zone_to@hotmail.com).