

**CCAA-Tas is pleased to be able to invite you to a**

## **FOCUSING WORKSHOP**

**16<sup>th</sup> October 2010**

This workshop will introduce members to Focusing which is the work of Eugene Gendlin. Focusing grew out of the work Eugene did with Carl Rogers in the 1960's. He was one of the first to promote the value of working with the body in noticing where and how the body holds experiences and feelings. Using Carl Rogers reflective listening Gene showed how listening is a threefold experience. Listening to the explicit and implied meaning of the words and finally listening to the way our body holds what is being said and introducing us to the skills to follow and unfold what we discover.

### Outcomes

- Brief History of Focusing
- Identify Eugene's Six Steps
- Interactive exercise that allows an experience of Focusing.

**VENUE:** Energiser Life Church,  
8 Petchey Street, Bellerive, TAS

Directions: <http://www.bing.com/maps/?v=2&ss=yipid.YN3802x232103447&encType=1>

**COST:** \$75workers

\$50 full-time students.

(Please note that CCAA-Tas heavily subsidises fees to make these events accessible to all members);

This fee includes

- Morning tea,
- Afternoon tea,
- And a certificate of attendance.