



***The* LONDON FOCUSING INSTITUTE**

We are a community of people who are learning, practicing, and teaching Focusing. Our workshops are informal and democratic, offering a relaxed space for anyone to learn this simple, natural and profound process. Our courses emphasise the existential and phenomenological understanding of human embodiment and include references to the experiential philosophy of Eugene Gendlin.

The Introductory Focusing weekends in Central London can be taken as standalone CPD or as a precursor to training as a Certified Focusing Oriented Therapist. Focusing fits well with any other therapeutic approach or personal practice and it is a useful sensitivity to enhance your skills as a supervisor, mediator or coach.

Upcoming dates: 5TH AND 6TH NOVEMBER, 2016
Introduction to Focusing and Focusing-oriented therapy
Saturday 10-5pm, Sunday 10-3pm
| Highgate, London. £195

Next 2-year Professional Training Focusing Oriented Therapy starts in Jan/Feb 2018. London. Early Bird reductions.

Courses are taught by Dr. Greg Madison, international teachers, and graduates of LFI.

More information:
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www.londonfocusing.com