



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 North 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: 16th and 17th February, 2019 Introduction to Focusing and Focusing-oriented therapy Saturday 10-5pm, Sunday 10-3pm
Islington Ecology Centre, London N5 1PH. £195**

**Next 2-year Professional Training Focusing Oriented Therapy starts in 2019.
London.**

Weekend Introduction taught by Frank Bock, Cathy McCoy, Carol Poole and graduates of LFI

Certification courses are taught by Dr. Greg Madison, Frank Bock, Cathy McCoy, Carol Poole and graduates of LFI

More information:

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