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THINKING IN MOVEMENT
SAMPLE SYLLABUS
● Whole Body Focusing

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I. OVERVIEW

This course is an opportunity to join a small and intimate group online to practice listening skills with subtle refinements of the Focusing partner's repertoire. In the following courses, you will deepen your understanding personal process within a Focusing session.

You will learn how Focusing fosters "Implicit Knowing". You will learn when and how to offer "reminders" as a Focusing Guide, along with nuances and alternatives for every stage of the process.

An attunement and integration with WholeBody Focusing will begin each class. You will enjoy in-class discussions, Focusing demonstrations and opportunities to practice with others in your group.

II. REQUIREMENTS

A. SUBSTANTIVE REQUIREMENTS FOR EACH PARTICIPANT

1. [Studio Registration](#) & [Waiver](#)
2. Pre-Requisites as indicated for some courses.
3. Attend a minimum of 12 Credit Hours of in-class/circle time, plus additional between-class hours, as described in detail below. (Those repeating a course may choose as many or few hours as you wish.);
4. Participate in 2-4 hours of Focusing partnership practice or tutorials each month

Each course, is individually tailored to each student's learning pace and style. Pending the approval of the course by the Canadian Counselling Psychotherapy Association, 12 Continuing Education Credits (CEC) will be awarded to students upon completion of the course. Affiliated organizations often grant credits for courses through the studio.

SUBSTANTIVE REQUIREMENTS FOR THOSE SEEKING CREDITS

IN-CLASS - 12 CREDIT HOURS

1. In-class discussions (*3 hours / 25% class time*);
2. Focusing demonstrations by the course instructor (*3 hours / 25% class time*);
3. Didactic presentations (*3 hours / 25% class time*);
4. Focusing partnership practice with guidance from the teacher (*3 hours / 25% class time*)

BETWEEN-CLASSES - 3 CREDIT HOURS

1. Focusing partnership practice between classes with the other students (*3 hours*)

BETWEEN-CLASSES - OPTIONAL HOURS

1. Focusing Listening Circles by video or teleconference or at the studio (*2 -14.5 hours*);
2. Tutorials between classes: private tutorials to be arranged with the

- teacher and assistants (*1-2 hours*);
3. Gendlin's Basic Philosophical Model by teleconference (*2 hours*);
 4. Additional opportunities to be determined include practice and communication with others in the class and people in other Focusing groups; participation in an on-line forum for the group, including students, teacher, and visiting teacher; private on-line forum for each individual student to communicate with the instructor.
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B. TECHNICAL REQUIREMENTS

1. Access to a computer;
2. Access to Zoom, the online host for classes (please refer to section VII-2 for details);
3. Participation in a doodle poll to reserve your spot. Please ensure the dates you are able to attend are checked/ticked in the poll *and you have also left a text comment below the poll indicating your times ~ thank you!*

III. SCHEDULE

FOR THOSE NEW TO THE COURSE.

Each course runs quarterly between Jan-Mar, Apr-June, July-Sept, Oct-Dec. As per the substantive course requirements stated above, it is the student's responsibility to ensure they are registered (via doodle poll) for a minimum of 12 in-class hours selected from the available dates or indicate preferred times.

FOR THOSE REPEATING OR VISITING THE COURSE.

Full time and part time options are available.

DAYLIGHT SAVINGS

Daylight saving times will be posted.
Times listed in Pacific time.

IV. RESOURCES

Each course will provide the materials available to you online to support you in your journey in your growing your Focusing skills.

Experiential Philosophy Gendlin studies are included in each course.

<https://thinkinginmovement.ca/focusing/experiential-philosophy/>

VII. FOOTNOTES

VII-1 CREDIT REFERENCE

Check the studio website.

VII-2 ZOOM

A quick pdf for when help with sound is needed: [http://](http://thinkinginmovement.ca/wp-content/uploads/2018/08/Zoom-sound.pdf)

thinkinginmovement.ca/wp-content/uploads/2018/08/Zoom-sound.pdf

Excellent notes diagrams, photos, easy tutorials to follow for more details:

<https://support.zoom.us/hc/en-us>

VIII. REFERENCES

Gendlin, E. (1996). *Focusing-Oriented Psychotherapy: A Manual of the Experiential Method*, The Guilford Press., New York, NY.

<http://www.focusing.org/gendlin-psychotherapy.htm>

Halm, K. (2010). "Attuning to Natural Process Action Steps: How does one find the natural action, the unforced next step? Maybe with a Little Wind from Your Fingertips!" *The Folio: A Journal for Focusing and Experiential Therapy*. Volume 22, #1, Focusing Through the Transitions of Later Life pages 111-129. <http://thinkinginmovement.ca/focusing/attuning-to-natural-process-action-steps-katarina-halm-2010/> and <http://www.focusing.org/folio/Vol22No12010/18-111-ATTUNING-TO-NATURAL-PROCESS-ACTION-STEPS.pdf>

Halm, K. (2013) *Feldenkrais® and Focusing, Complementary Practices*, <http://thinkinginmovement.ca/focusing/feldenkrais-and-focusing/>.

Halm, K. (2015) *Rolling with Possibility, The Feldenkrais Method® for those living with autism*, *SenseAbility Journal #66* Publication of the Feldenkrais Educational Foundation FEFNA® http://www.feldenkrais.com/article_content.asp?edition=1§ion=9&article=292.