

Introduction to Focusing Level One with Marina Bergen

4 CEC (Continuing Education Credits) to be awarded upon approval of Canadian Counselling & Psychotherapy Association (CCPA) and Canadian Professional Counsellors Association (CPCA) or request a letter for your organization.

Level One Focusing: Encountering the Inner Relationship

The classical syllabus as developed by Ann Weiser Cornell and Barbara McGavin

August 9-30, 2022 four Tuesdays 11:30am Pacific time * one hour

1. Aug 9, 2022, Class #1 - Presence and Acknowledging
2. Aug 16, 2022, Class #2 - Sensing and Describing
3. Aug 23, 2022, Class #3 - The Rest of the Conversation
4. Aug 30, 2022, Class #4 - The Rhythm of Listening and Partnership & Class #5 - What the Focuser Wants from the Companion

[REGISTRATION](#) Please register if you wish to join us!

"Focusing is an internal act of approaching any problem or situation. It is not the familiar getting in touch with feelings nor a content-free meditation; it is a dialogue with the body's inner knowing" — Marine Bergen

"Focusing is such a simple natural process, yet also subtle and capable of bringing forth great complexities of our experiencing. It takes us to our deepest levels of inner experiencing where real healing and practical, real-world changes can happen." — Anna Willman, <https://coronaplaza.life/people/anna-willman/>

Everyone is welcome to participate in learning how to become a more compassionate listener to yourself and others! Please note there is a detailed process for certification as a "Focusing Professional" offered by the [Focusing Institute](#) and supported by Focusing at Thinking in Movement Studio.

Email mbergen.mffs@gmail.com if you have questions or wish to save your spot.

This course is free, although you might consider contributing to our host:

MARINA BERGEN is an intern counsellor with MFFS in the process of becoming a Focusing Professional. She learned about Focusing-Oriented Therapy in 2016 while training in Expressive Arts Therapy. Most recently, Marina has been a student of Katarina Halm, with whom she is currently completing Level 4 Focusing. Marina has a Diploma in Professional Counselling, is in the last year of her BA in Psychology, and is a member in good standing with CPCA.

"Okay now I want to talk a minute about my headline. It would be "Don't make Focusing into another entity". If you don't know Focusing and the world doesn't really have it yet, then it's an entity. So tell people about Focusing and tell it in such a way that they don't know what you mean. No really. If you're gonna tell them about Focusing and you expect them to know what you mean, they don't need you. They know it already. Tell them there is something that's hard to explain that you do and that you're willing to show somebody, but it's hard to explain and most people don't understand it. And it's something like paying attention to an implicit intricacy. And they'll say whaaatt? Ah. I'm gonna say yeah, I see, I know I can't explain but I can show you. You know you can't explain Ice Skating either but you can show it to someone, how exactly we keep our balance. The point that I'm trying to make is that Focusing is not a country, a culture, or religion, or tradition, it's not an entity. Once you know Focusing it's just a way that you do things differently. Everything is different with Focusing so then you will have Focusing." —Gene Gendlin DVD: A Day with Gene 2007 https://www.youtube.com/watch?v=suHhNPSH_EM&feature=youtu.be 0:15 - 1:40 [Senses of Focusing](#) (Page 77)

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