Overview
This two day workshop introduces Focusing, which is a structured approach involving body, image, thinking and feeling, that can be used when working therapeutically with children. It is a means of sensing and connecting with inner bodily felt processes. Focusing employs the concept of ‘felt sense’, which means knowledge that communicates itself to you through your body. It has the potential to support healthy child development, and to nurture the sense of a unique self. It also has the potential to promote the experiencing and expression of feelings in an authentic, accepting and empathic way; it can therefore facilitate affect regulation.

Workshop Overview
You will begin to learn how to help children to use Focusing:
- To make contact with a bodily awareness or ‘felt sense’
- To learn to trust this felt sense or inner awareness
- To utilize this felt sense to help make safe contact with difficult emotional experiences or specific problems
- To self regulate feelings
- To remove emotional blocks to learning
- or to forming relationships

Eugene Gendlin originally developed Focusing and it is an approach that can be integrated into your existing theoretical framework and practice. Focusing is, however, more than just a technique, as it has the capacity to help the child transform their relationship towards themselves and towards others. This workshop will be experiential and will involve you in learning to focus yourself. You will be taught a variety of arts and play based interventions and exercises, which can be applied to individual or group work with children.

Who is this workshop for?
This workshop will be relevant to the work of counsellors, psychotherapists and those working in a pastoral role with children and young people e.g. youth workers, teachers and social workers. This workshop can be counted towards a Child Focusing Companion qualification that is validated by the International Focusing Institute of New York.

Speaker Biography – Dr. Heidrun Essler
Heidrun has been working in the field of communication and conflict with adults since 1989. Dealing with these issues, Heidrun has been confronted over and over again with the effectiveness of Focusing. Heidrun is an academic speech trainer, Focusing teacher for adults and children and Certifying Co-ordinator and senior teacher of the International Focusing Institute of New York. www.focusing.org

Book your place:
The workshop places are very limited. Please go to this link to book your place: http://onlinesales.admin.cam.ac.uk

Fee: £175.00 (this includes all refreshments and lunch on both days)

More info: Please email Lisa at lz334@cam.ac.uk