

ABOUT JERRY

I started learning Focusing as a personal development tool and found it particularly helpful in managing stress. I now use it regularly and feel it has transformed my outlook on life. I have taught in the UK and Afghanistan and am keen to make it available to more people as a way of promoting psycho social wellness.



I am a Quaker and was introduced to Focusing through connections Quakers have made between Focusing and the practices of early Friends in the 17th Century. I have since discovered connections made by other faiths including Islam and Sikhism and I am interested in how it can assist people on their spiritual journeys.

My other interest is social care and I am exploring how Focusing can help those providing personal care as well as anyone in a helping relationship with another person, whether as a therapist, social worker, advice worker, medical practitioner, nurse advocate or friend.

I have been teaching Focusing since 2003 and am Registered as a Focusing Trainer with the Focusing Institute in New York and British Focusing Teachers Association.

IS THIS COURSE FOR YOU?

Are you feeling that something holds you back from being the person you want to be? Do you feel like there could be more to life if only you could overcome what is blocking you? Do you suffer from self doubt, anxiety or stress? If any of these statements describe you then this course could help you by putting you in touch with the wisdom held in your body.

You will learn how to be with difficult feelings - your feelings or another persons, and what it means to bring acceptance and compassion to these feelings.

Focusing could also be used to make you more effective in any helping occupation like counselling, social work, social care, medical role.

WHAT IS FOCUSING?

Focusing is a supportive way of being with what we are feeling. In day to day life we tend to do two things with our feelings - we either bury them or we run away from them. Focusing teaches a third way of turning around and getting to know our feelings by listening to them the way we would listen to a good friend.

JERRY COWAY

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jerry@jerryconway.co.uk

FOCUSING COURSES

With Jerry Conway

2011 - 12

Course Programme

LEVEL	DATES	VENUE
1	Sept 13 - Oct 11 eves	Shrewsbury
2	November 12 & 13	Kidderminster
3	Jan 14 - 15th 2012	Kidderminster
1	March 3rd & 4th 2012	Kidderminster
1	June 20th - 22nd	Birmingham

Cost

Cost of courses in Kidderminster are £120 with an early bird offer of £100 per 2 day course.

Times

Courses run from 10 am - 4:30 pm

What you will learn

The Focusing Skills programme will teach you how to get in touch with the feelings held in your body rather than the thoughts that occupy most of our lives. By being connected to your inner feelings you will become more accepting of yourself and more open to others. You will also learn the power of listening to another person with total acceptance, without giving advice or having any agenda.

The Teaching

I run the courses in a relaxed and open way with plenty of opportunity for us to explore Focusing together through discussion and practice in pairs. It is important to me that my teaching reflects the principles of Focusing of acceptance, openness, and compassion for ourselves and others.

Level 1

We will explore the qualities of good listening and why we sometimes are more compassionate to others than to ourselves. I will teach you how to relax and sense inside with acceptance and compassion. You will also learn how to be a Focusing companion to another person and a form or language to ensure you are in a healthy relationship with your feelings.

Level 2

On level two you will find out the stages of a Focusing session and how to guide yourself in a session. As a Focusing companion you will find out how to support the person you are listening to in a non directive way.

Level 3

Level 3 is about how to deepen your relationship with your inner experience and how to move through the inner landscape more easily.

Level 4

You will learn how to offer simple suggestions to your focusing partner and how to ensure you get the right support from your focusing companion.

Level 5

On level 5 you will consolidate your focusing knowledge and learn about being with more than one part. This will include recognising when we have a bias or preference for one part and how to move back from this into presence.

FOCUSING

Find out more

If you would like to find out more I am happy to have a free half hour chat to you and give you a small experience of what Focusing is. Give me a call on 07890 603461 or you can drop me an email at jerry@jerryconway.co.uk

More information is available on my website at www.jerryconway.co.uk

If you would like to book a place on one of my courses please send back this form with a cheque made payable to J. Conway.

Booking form:

Please return to Jerry Conway, 46 Coventry Street, Kidderminster, Worcs DY10 2BT

Name	
Address	
Phone no	
email address	
Course dates	
special requirements	