



## A PRACTICAL INTRODUCTION TO FOCUSING

TWO DAY WORKSHOP  
with Alan Tidmarsh

23rd & 24th February 2019



### Who is this workshop for?

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Most of us have the ability to listen to the 'gut feel' of a situation or notice a discomfort in the body that may be hard to explain. Focusing provides a way to develop these capacities so that our 'felt senses' can be attended to and used to help us through life.

This session will be for those with no previous knowledge or experience of focusing, or those who have tried it without success. It will be mainly practical, aiming to give each participant experience of their own focusing style and confidence to develop this life skill.

The session will be particularly useful for counsellors and trainee therapists who would like to use focusing in their work. It offers the basic skills and experience that will be needed for a further two day workshop on Focusing in Therapy.

### Aims:

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- To introduce focusing as a life skill to those who have not practiced it before and in preparation for focusing during therapy.
- To help participants connect to their focusing capabilities and experiment with them.
- To establish the basis for practice through a focusing partnership.
- To have fun.

## Learning outcomes:

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All participants will:

- Be assisted to understand the 'felt sense' as it relates to their own experience and everyday living.
- Observe demonstrations of the focusing and focusing accompaniment that illustrate basic principles and techniques.
- Be offered a series of opportunities to practice focusing and focusing accompaniment, building confidence through manageable steps.
- Participate in discussion of blockages and difficulties that can occur in focusing and how they may be overcome.
- Receive detailed notes that set out recommendations for practice, key theoretical principles and references to guide further exploration.
- Encouraged to form focusing partnerships after the training and will be offered a free focusing/coaching session with Alan (via Skype/Internet) after the training.

## Comments from course evaluations 2018:

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*Alan is very experienced and knowledgeable about his subject. His way of being creates a sense of safety for exploring your experience of the 'felt sense' in a welcoming and accepting way. Inspiring.*

*Thoroughly enjoyed it. An insight and deeper awareness of the complexity of a human being at a level that's within reach. And what a genuinely caring person Alan is.*

*To sum it up in a few words – "thoughtful, compelling, magical, instructive and extremely well structured". Thank you Alan*

More feedback is available to view on our website

## Facilitator: Alan Tidmarsh

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Alan is a Focusing-Oriented Therapist, Supervisor and Focusing Trainer with substantial experience in the application of focusing in a therapeutic setting. He now works in private practice, concentrating on focusing-oriented supervision, and counsels for a charity supporting survivors of sexual abuse. His conference papers can be found at <https://eastanglia.academia.edu/AlanTidmarsh>.

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### Get in touch

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