

## Focusing Two Objectives

- Summarize learning from Level I
- Demonstrate and describe how to 'clear a space' putting various concerns and feelings at a distance to give perspective.
- Demonstrate and list how to help create forward shifts in one's own experiential process by using different experiential avenues to open the felt sense such as feeling, proprioception, location, movement, sound, memory, and images.
- Demonstrate and describe how to help client's process to move forward using the different experiential avenues listed above.
- Describe and demonstrate how 'The Critic' interferes with both our own and our client's therapeutic process.

### References

Rome, D. I. (2014). Working With Situations. In *Your Body Knows The Answer*. (pp. 37-40). Boston & London: Shambhala.

Rome, D. I. (2014). Brining the Felt Sense into Focus. In *Your Body Knows The Answer*. (pp.41-44). Boston & London: Shambhala.

Rome, D. I. (2014). Cultivating Self Empathy and Defusing the Inner Critic. In *Your Body Knows The Answer*. (pp. 56-62). Boston & London: Shambhala.