

New England

focusing

promoting focusing, listening, and personal growth in the New England area

January 29th from 2-5 PM at
The Arlington Center

369 Massachusetts Ave., Arlington, MA

[Register now using the form below](#)

Experiencing Creativity: A Focusing Approach

with Joan Klagsbrun & David Smith

Each of us holds within ourselves a wellspring of creativity -- messages and intuitions held in our deeper selves-- but many of us lack the knowledge of how to tap into this creative source or to hear these messages and intuitions. This workshop is designed to enhance creativity and to get stuck projects moving again by opening paths to this wellspring. Through a combination of discussion and play, participants will experiment with writing, drawing and movement. Focusing allows us to set aside the expectations and assumptions that block the creative flow. Free of these blocks, we can begin to discover and to enjoy our authentic creative voices.

CHANGES

Monthly Focusing
Gatherings at The
Arlington Center

2-4 PM on these
Sundays

February 6
April 10
May 8
June 19

\$8 donation suggested

Want to Deepen Your
Focusing Skills &
Establish a Focusing
Partnership?

Proficiency in
Focusing
Partnership Certificate
Course

with Susan Lennox, Ph.D.

1-5 PM on 1/15, 2/12,
3/19 & 4/16
in Winchester, MA

Contact Susan Lennox
at slennox1@juno.com

**Focusing Training
for
Psychotherapists** with
Joan Klagsbrun, Ph.D.

starts Feb. 5th

Contact
joanklag@mac.com



JOAN KLAGSBRUN, Ph.D. has been a practicing psychologist in Watertown, MA for over 30 years. A Certifying Coordinator with the Focusing Institute, Joan has been teaching Focusing internationally for three decades to psychotherapists, health care providers and the public. In her work at the interface of psychology and spirituality, she has found Focusing to be a practice that easily elicits creativity.



David Smith M.Ed., CFP is a life-long teacher and writer. He is an award-winning and published playwright who has also written for children's television and won awards for promotional videos for industry. His CD, *Experiential Journaling: Writing the River* is available through the Focusing Institute. He is currently writing a short novel with Focusing as the theme. David is a certified Focusing teacher and is also available as a creativity coach.

Space is Limited! Register now using the form below.

Start the New Year right with an Intensive Focusing Retreat

Opening to Oneself through Focusing: An introductory Weekend Workshop
with *Roberta Whitney & Deborah Jones*

1/21 6 PM to 1/23 noon

at the Genesis Spiritual Life & Conference Center, Westfield, MA

Register by Jan. 7 at Genesis 413-562-3627

Focusing to Overcome Procrastination & Action Blocks
with *Susan Lennox & Andrew Fieleke*

March 5th from 2-5 PM at the Arlington Center

\$35 or TAC class card x 2 + \$5 also accepted

Register now using the form below

Focusing Workshop Registration Form

To register for this workshop at The Arlington Center, just print and complete the following form below and send it with your payment to:

The Arlington Center, 369 Mass Ave, Arlington, MA 02474

Pre-registration is requested to ensure your space and to enable the presenters can bring sufficient handouts. Registration in person on the day of the event is also possible, if space is available.

To register in person, please bring payment - cash or check payable to TAC - to the workshop.

- Class series, workshops and other events are filled *first come, first served* in order of payment
- A confirmation will be sent out only if an email address is included with your registration
- The Center can also accept cash when payment is made in person
- The Center does not accept credit card payment or online registration

Please register me for the following:

____ Experiencing Creativity: A Focusing Approach: Sat. 1/29 from 2-5

____ Focusing to Overcome Procrastination & Action Blocks: Sat. 3/5 from 2-5

Your Name _____

Street _____

Town/City _____ State ____ Zip _____

Phone H _____ W _____

Email _____

How did you hear about the Center and this event? _____

Payment enclosed ____ \$35 for single workshop; ____ \$70 for both workshops

(TAC class cards x 2 + \$5 also accepted)

New England Focusing

NewEnglandFocusing.com