

**~ Starting January 8th, 2010 ~  
Seminars with Rob Parker  
Exploring A Process Model**

Dear Friends,

Many thanks to those of you who participated in the talks with Rob on December 18th! The Process Model seminars will be continuing with one new group starting on **January 8th at 6:30 AM Eastern and another group at 8:00 PM Eastern.**

If you have not registered yet and are interested in the Seminars with Rob Parker Exploring A Process Model in January, the general invitation is at the end of this email, and this link has more:

***FOR NEW PEOPLE - Introducing A Process Model with Rob Parker: Questions and Answers***

<http://katarina.activeboard.com/index.spark?aBID=131652&subForumID=497480&p=2>

**Ka Hing Cheung from Hong Kong who is one of the new of the Process Model participants writes:**

*I learned Focusing from Ann Weiser Cornell, and became Certified Focusing Trainer under the mentorship of Ann and Akira Ikemi. When I began learning focusing about three years ago, I was expecting to learn some self-awareness techniques. Unexpectedly I changed, and along with it my relationship with my wife and my son, and I re-wrote my agenda for life. The more I learn, the more I am aware how much more I have to listen to my body sense and to connect myself with the self-sensing of life in order to become the person I am. Studying the Process Model with Rob*

*Parker is part of this ongoing learning.*

Thank you Ka Hing! The new seminars promise to be most a interesting, warm and thoughtful whole body sensing experience and development for each of us participating in them. Rob is a sensitive and brilliant Sherpa.

In the new year I plan to write more articles on the practical applications of Focusing and Process Model theory. I look forward to keeping in touch and hearing about your projects too!

Much appreciation and all best wishes for 2010,  
Katarina

Katarina Halm <[HappyBones@telus.net](mailto:HappyBones@telus.net)>

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**The Intellectual/Emotional/Felt-Sensual  
Adventure of a Lifetime:  
Exploring A Process Model - a telephone  
seminar with Rob Parker, PhD**

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Have you ever wondered about Gene Gendlin's book, A Process Model? Have you thought of reading it but hesitated because of how difficult it's supposed to be? Or have you started it and gotten bogged down in passages that seemed to be totally incomprehensible?

Let me help and support you.

My name is Rob Parker, [rparker@lifeforward.org](mailto:rparker@lifeforward.org) . I have spent the last few years learning A Process Model directly from its author, Gene Gendlin. And it does take years: A Process Model is an amazing, life-changing book, but it is also difficult. Even with Gene's help, I've struggled for months over one or two pages. But now that I've gone through that, I can make it easier for you. I'm good at explaining

things, and can explain most of the issues that come up in a first reading. For example, the concept of leafing, which took me several weeks to understand, takes my students about an hour.

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Is it worth the effort?

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A Process Model is very challenging, intellectually, emotionally, and at a felt-sense level. It is much more than a book. If you stay with it, it can be a life changing experience. You don't have to be a genius to read A Process Model, and you don't need a degree in philosophy. But you will need commitment, openness, and a sense of wonder.

Is it worth it? Ann Weiser Cornell has no doubt: "...it IS worth it. It is no exaggeration to say that my sense of who and what I am, and what the universe is, has radically changed in a beautiful and exciting way. That includes my sense of what Focusing is. I feel like I finally know why Focusing works, after teaching it for 24 years!"

-Ann Weiser Cornell

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What is the Process Model seminar like? Past members write:

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"It is hard to find words to describe the difference in my life since starting to learn the Process Model over the past three months. For starters I appreciate your gentle and affirmative examples and supportive pointing the way for us. There is something about your support that allows me to relax with the process of learning and then meaning starts to permeate, or drop into place.

There is something about learning the Process Model that is like turning up the heat ever so gently and subtly and then interconnectivity becomes more apparent - or I begin to be more open to the process of inter-affecting more in my everyday life and especially in my focusing process. Turning up the heat a little seems to make pathways towards forward movement more apparent, a little easier. Like when the sun come out and burns off some fog ever so slowly. "

- Judy Archer -Orillia, Ontario

"All of your explanations are helpful and interesting. Especially valuable have been your explanations and demonstrations of how to read a philosophical text, your repeated statement that when you figure one of these difficult passages out, it is usually remarkably simple (this was an important clue for me), and your patience with the process (and us). Thanks so much for doing this. I can't express how much it means to me!"

- Libby Lovat -Sarasota, Florida

"Bless you for this work!"

- Bev Shoenberger -Newington, Connecticut

"Rob Parker is a fabulous teacher of this new way of thinking!"

- Ann Weiser Cornell -Berkeley, California

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How does the reading group work?

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The format is simple: we read together for an hour per week, covering a few pages per session. If anything is unclear, we stop and discuss it. Usually, I can explain the kinds of issues that come up in a first reading; but if we can't get clarity pretty quickly, we table the issue until I can get more information.

In either case, discussions stay very close to the text; we're not there to share opinions or to engage in broad philosophical discussion. We just want to understand what Gene meant by this or that phrase.

This approach has some real advantages. First, you don't feel so alone when you're facing a difficult passage, because you have the support of others. Also, I can explain most of the difficult stuff, so you don't need to struggle for days or weeks trying to figure it out on your own. In addition, different people ask different questions, which results in a broader discussion and deeper understanding than one person can usually achieve reading alone. And, you're guaranteed that if you stay with it, you'll end up with a basic understanding of A Process Model.

The cost is only \$20 per one hour seminar (see below), for one of the most challenging and rewarding adventures of your life!

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Who is Rob Parker?

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I'm a psychologist and a Certified Focusing Professional. I was immersed in the philosophy of Merleau-Ponty for 25 years until I discovered Gene Gendlin 10 years ago. I realized Quickly how important this new philosophy is. Starting in January 2003, I began regular meetings with Gendlin to learn his new way of thinking, particularly the Process Model. For the last few years, I've been helping others explore the Process Model, and also moderating Gene's Philosophy of the Implicit teleconferences. But most of all, I'm a person who is constantly amazed and transformed, day by day, as this new way of thinking/feeling/

living gradually sinks in.

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How much does it cost?

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The Process Model usually takes 2 to 3 years (that might seem slow, but it's actually a pretty challenging pace!). Payment is by blocks of seminars:

- \* 12 seminars (approximately 3 months) for \$240;
- or
- \* 4 seminars (approximately 1 months) for \$100;
- or
- \* Anyone who is taking or has completed one of my Process Model seminars can join this one for half price.

\* Contact me if you can't afford any of these plans

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How do I sign up?

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Email Katarina Halm at [HappyBones@telus.net](mailto:HappyBones@telus.net)

We're organizing the next group right now!