

Tired of feeling blocked, or stuck in your life?

Do you have the sense that there is so much more that your life could be?

Focusing has changed many, many lives for the better.

Are you ready to have *your* life be more of what you'd like it to be?

Would you like 2010 to be the year that you connect with what is alive in you?

This course is the first part of the Basic Focusing Training. Taught by an experienced, well respected Focusing Trainer, this course is a great way to learn the basics of Focusing in a small group with plenty of individual attention. Please feel free to pass this email on to those who might be interested learning this wonderful transformative process for themselves.

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Level 1: Focusing Basics: Self Guiding, and Empathic Listening

**4 Sundays 7-9:30 am PST, 10 am - 12:30 pm EST, 3-5:30 pm UK, 4-6:30 pm Europe, 5-7:30 pm Israel
February 28, March 7, 14, 21 ****

Live in another time zone? Click here to find out what time this is where you are!

<http://www.timeanddate.com/worldclock/>

What is Focusing?

Focusing is a gentle, yet powerful and transforming process that you can use to bring clarity and fresh air to all life issues. Focusing involves setting aside the messages we usually tell ourselves and paying attention to the whole body feel of our concerns. In this process, new energy, new steps forward occur in what may have previously seemed stuck or unchangeable. Focusing puts us in direct contact with the wisdom that each of us has inside.

Focusing, based on the research of Eugene Gendlin, Ph.D., author of *Focusing* (1981) and *Focusing-Oriented Psychotherapy* (1996), is a process that can be used either alone or with a partner as a self-help technique, or combined with another approach to personal growth, such as psychotherapy or bodywork.

How can Focusing help me?

- o Better understand and resolve personal challenges
- o Improve self-esteem
- o Access feelings, including difficult and challenging ones
- o Make positive life changes
- o Enhance communication and relationships

This is a great opportunity to begin to learn how to Focus alone and with a partner, as well as how to facilitate focusing for another Focuser- and to reap the benefits of enhanced relationships, stress reduction, ease of decision making, and much more!

This course is the first of four basic levels of Focusing training. For those wishing to use Focusing in a professional capacity, the trainings may be followed by a mentored program leading to becoming a Certified Focusing Professional through The Focusing Institute.

Completion of this workshop entitles you to attend more advanced Focusing training workshops locally, internationally, and via telephone.

The only pre-requisite for this course is to have a Focusing session with the Trainer. Sessions are available by phone, toll-free for residents of the US, Canada, Ireland, UK, Italy, Spain, and France, or by phone or Skype for residents of other countries.

A few examples of feedback received from students:

I learned such an amazing amount in such a short time and it happened so naturally, organically, I have to say in such a focusing kind of way. As if I'd turn around and go, WOW, I learned so much! When/how did that happen? Almost seemed effortless!

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You're so good at creating a space where people almost instantly feel relaxed. Comfortable. People walk in so stressed .and soon feel comfortable. Even in a roomful of complete strangers.

You are so present and accepting of whatever comes up. You are a unique, exceptional teacher

About the Trainer: Ruth Hirsch MSW, MPH, CMT is a Certified Focusing Trainer & Coordinator based in Jerusalem. For 20 years she has maintained a private practice in which she works with people individually and in groups. In her individual work, she specializes in balancing and bringing peace and insight to body, mind, heart and spirit. In her teaching, she delights in sharing Focusing with others as an individual life-enhancing practice, and as an adjunct to enhance the work of other healing professions.

General Info: This course is limited to a maximum of 6 participants. Largely experiential, the training is taught in a clear, compassionate, enjoyable manner. Registration fees include the course and a 100 page e-manual. The fee is \$275, payable by credit card through PayPal, or by US or Israeli check. (*Space permitting, those who have already taken the course and would like to review may do so for half price.*)

****Interested, but dates and/or times don't work for you? Please let me know.**

RUTH HIRSCH MSW, MPH, CMT
Focusing Trainer & Certifying Coordinator

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*What lies behind us and what lies before us
are tiny matters compared to what lies within us.*
Ralph Waldo Emerson

www.ruthhirsch.com