

## Canada Retreat: Follow Your Flow June 10-12, 2016

Welcome to the **Presentation Descriptions and brief introductions to the Presenters.** This information will give you an opportunity to sense into what feels right for you to attend as you begin to prepare to arrive. No pre-registration necessary. **We will ask you to sign up at the registration table when you arrive Friday night.** This registration is for the benefit of the presenters, so that they know how many participants to plan for. Of course, we want you to be Fully present and Following Your Flow all weekend, so the choice selection is a guide for presenters, not an absolute. If during the retreat, you change your mind and follow your flow to a different workshop than what you signed up for, we will honor and appreciate your presence in finding your flow!

### **Saturday, June 11<sup>th</sup>: Morning Workshop Choices (choose 1 out of 4):**

#### **10 am to 12 noon: Beginners Workshop #1: (choice 1 of 4)**

**With Nicole Mitchell**

**\*Beginners Welcome!**

This introduction to Focusing workshop will provide you with foundational information about Focusing and some first-hand inner-experiences with Focusing. We will aim to embody the focusing attitude as we work together, share, listen and learn. We will then spend time familiarizing ourselves with the first 3 of the 6 steps of Focusing: 1. Clearing Space; 2. Inviting a Felt Sense; 3. Finding a Handle. Once we explore a step through a teaching piece, we will spend time in an experiential exercise with that step. Upon completion, you will have experienced half of the focusing steps which might leave you feeling a bit murky with the process, so Beginners Workshop #2 is recommended.

Nicole Mitchell is a Focusing Trainer and a Focusing Oriented Therapist in training. Nicole is a psychotherapist who works with individuals, couples, families and groups. She incorporates Focusing into her practice on a day-to-day basis and is incredibly delighted by seeing the “shifts” clients can make in just one session.

#### **10 am to 12 noon: Inviting the Compassionate Self to Self-Soothe (choice 2 of 4)**

**With Annette Dubreuil, MBA, BSc**

**\*Some Basic Focusing Experience is recommended**

This workshop begins with an exercise to discover the felt sense of the compassionate self that can soothe someone precious to us (e.g. a small child, a dear loved one). This includes drawing the compassionate felt sense on a [body card](#), and writing a description for the feelings, thoughts, memories and physical sensations associated with it. We will deepen the experience exploring a current problem in our life, and inviting in the compassionate self to soothe the part of us that is feeling something. This dialogue happens in a focusing way with ourselves, and can be applied to soothe ourselves in living situations.

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Annette Dubreuil, MBA, BSc

Annette's career has focused on advancing and disseminating cutting edge sustainability research and practice, most recently with Canada's EcoFiscal Commission. Annette is a Certified Focusing Professional and developed body cards to record the felt sense with her Toronto community, led by Jan Winhall. She enjoys yoga, rock climbing and cooking.

### **10 am to 12 noon: Exploring the Relational Felt Sense through Art Making (choice 3 of 4)** **With Jenna Chevalier**

**\* No art skills necessary, prior Focusing experience recommended**

This active, experiential workshop explores the feeling of being in relation to other Focusers. Through individual work, partnership, and a large group experience you will explore and share the creation of sound, gesture, drawing and painting. In these expressive modes you will represent your own inner experience and convey it to others. Creating relational interactions using art, gesture, and sound-making, these tools of expression will stimulate the interactive process. This workshop culminates in a large, silent, collaborative, group painting exercise designed to foster and capture the felt sense of our community.

Jenna Chevalier is a teacher, artist, yogi, meditator, and Focuser who is studying Counselling Psychology. She has completed her certification as a Focusing Trainer and is working towards certification as a Focusing Oriented Therapist. Her interests combine Focusing with visual representation, the body, pain management, disability, and wellness.

### **10 am to 12 noon: Emotional Regulation and the Felt Sense Experience Model (choice 4 of 4)** **By Jan Winhall**

**\*Some Focusing Experience is Recommended**

The capacity to ground ourselves, to feel safe and regulated inside our bodies is perhaps the most fundamental skill that we can achieve in a lifetime. In this two-hour workshop we will explore how stress and traumatic experience prevents and/or disrupts our capacity to be grounded. Addictive or compulsive behaviors become very enticing ways to attempt to regulate ourselves. Jan will present material from her article "Understanding and Treating Addiction with The Felt Sense Experience Model" (Jan's chapter in the Emerging Practice in Focusing Oriented Psychotherapy, edited by Greg Madison). There will be experiential exercises that will help you to understand yourself in relation to the Felt Sense Experience Model and time for questions and comments.

Jan Winhall is a Focusing-Oriented Therapist and Creator/Lead Trainer of the Focusing On Borden Centre in Toronto, Canada. The centre offers group classes for training as a Focusing Professional and Focusing-Oriented Therapist. She is creating a community of like-minded and embodied people who share a passion for bringing Focusing into the world. Jan teaches, supervises and sees clients in her private practice. She is also a member of the Facilitation Team at the Focusing Institute's 2016 Advanced and Certification Focusing Weeklong in October. <http://www.focusingtherapy.org/for-clients/find-therapist/ms-jan-winhall/>

**Saturday, June 11<sup>th</sup>: Evening Workshop Choices** (Choose 1 out of 4)

**6:45-8:45 pm: Beginners Workshop #2 (choice 1 of 4)**

**With Mondy Stevenson**

**\*Beginners Welcome**

Through teaching and experience, you will journey through steps 4 to 6 in the 6 Steps of Focusing. This workshop will accompany you as you bring your attention to your body's inner sensing. Experientially, you will be invited to revisit the felt sense's handle (workshop #1) resonating with the word or image or sound that describes it best (Resonate: 4<sup>th</sup> step in focusing). Then slowly and gently you will be invited to give it your friendly presence, setting the atmosphere to allow it to express the body's wisdom it carries (Ask: 5<sup>th</sup> step in focusing). Finally, you will be given time to welcome the message that is unveiling, making room for change and a step towards a better integration of the body and mind (Receive: 6<sup>th</sup> step in focusing). As the facilitator, Mondy will support your learning during this 2 hour beginner workshop as you begin to expand your curiosity in this focusing process.

Mondy Stevenson is a painter and the lucky mother of two children with ADHD. Her search for healthy relationships led her to Jan Winhall and "The Focusing Centre for Training" in Toronto. She is certified by The Focusing Institute as a Focusing Trainer. She works with parents of acting out teenagers (through APSGO) exposing them to the fundamentals of focusing.

**6:45-8:45 pm: Future Template Workshop - Expanding Your Grounded Place into a Difficult Situation (choice 2 of 4)**

**With Nicole Mitchell**

**\*Focusing experience is required**

In the hype of our busy lives we may drift from our grounded/balanced place. This workshop will help us to reconnect with our inner grounded self through an experiential exercise and creative expression. We'll then work on feeling more grounded in a difficult situation; accomplishing this by Focusing on a difficult situation, setting a future template and spending time in an experiential focus on the future intention; letting the felt sense of doing things differently permeate in our bodies in a felt way. We may also share our experience within pairs, or the larger group (depending on our felt sense in the moment!).

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### **6:45-8:45 pm: An Experiential Look into *The Path to the Sense of Life* (choice 3 of 4)**

**With Julio Teran Castellano**

**\*Experience in focusing is recommended**

Julio Terán will present his book, “The Path to the Sense of Life”, detailing his process of self-discovery and transformation through Focusing, as well as how Focusing led him to have closer contact with his true being, allowing him to live more freely and lovingly. Julio will then give a Power Point Presentation on the Six Steps, using examples from his book to illustrate each one of the steps. The workshop ends with an invitation to work on a personal topic in a Focusing Partnership and use the Six Steps, sharing the experience afterwards.

Julio Teran studied Holistic Reflexology, Osteopathic Techniques and Focusing. Nowadays, he dedicates himself to writing and sharing experiences with people who wish to be heard. He recently finished his first book, “The Path to the Sense of Life” in which he shares his process of inner growth and self-expression.

### **6:45-8:45 pm: THINK DIFFERENT (Choice 4 of 4)**

**With Nada Lou**

**\*This workshop is open to everybody. Some experience in Focusing/felt sensing would be beneficial for optimal enjoyment.**

Focusing for THINKING opens a whole new awareness of your hidden gifts. What comes in Focusing can remain unused because it hasn't been put into right language. Using TAE (Thinking at the Edge) gives you that “what is missing” towards “just-right” action steps. I call it discovering your BIGGER PICTURE. Participants will be finding their own topic to explore. It is something that has that felt sense of "having life" in it. This is what is creative about TAE.

Nada Lou is well known throughout the Focusing world through her specialty in teaching Focusing and Thinking at the Edge. She co-presented TAE workshops with Dr. Gendlin and is in the forefront of spreading this practice around the world. Nada is a Focusing Institute Coordinator and DVD producer. She is teaching at the Focusing Institute 11<sup>th</sup> Summer school in Joshua Tree, California this August.

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**Sunday, June 12<sup>th</sup>: Morning Workshop Choices (Choose 1 out of 4)**

**9:45-11:45 am: Grounding for Beginners: Beginner Workshop #3 (choice 1 of 4)**

**With Annette Dubreuil, MBA, BSc**

**\*Beginners welcome!**

This workshop will explore step one of focusing—clearing space—in depth, with the goal of getting to know our inner space and grounded self. We will explore a couple of techniques to clear space, including using the breath and physical relaxation, a guided meditation, and setting aside issues. During these exercises, the grounded felt sense and handle will be recorded on a [body card](#), to remember how this inner space feels in the future. The workshop will also include pair work to practice step one, both as a listener and a focuser.

Annette Dubreuil, MBA, BSc

Annette's career has focused on advancing and disseminating cutting edge sustainability research and practice, most recently with Canada's EcoFiscal Commission. Annette is a Certified Focusing Professional and developed body cards to record the felt sense with her Toronto community, led by Jan Winhall. She enjoys yoga, rock climbing and cooking.

**9:45 am-11:45 am: Buddhist Practice and its parallels in Focusing (choice 2 of 4)**

**With Peter Ryan Sabom Nim**

\* A fairly consistent focusing, meditation, yoga, or martial arts practice is a pre-requisite for this workshop

Eugene Gendlin describes a process of awareness, self-comprehension, and tolerance of ambiguity that has deep roots in western philosophy. Interestingly, the practices of Chinese Zen Buddhism, particularly the Zen literary culture of the 10th and 11th centuries, offer instructive and fascinating parallels to Focusing. This workshop will explore ways in which particular rituals and meditation techniques can support and deepen a Focusing practice, and how Focusing, as an indigenous western practice, can support westerners in their exploration of East Asian spiritual traditions. We will use direct experience to explore this topic: bowing, mantra practice, sitting meditation, and visualization. There will be two short lectures introducing the parallels in Zen and Focusing terms, and opportunities for discussion.

Peter Ryan Hae Il Sabom Nim (M.Sc. F.O.T.) is a psychotherapist, literature teacher, and Zen Sword instructor. He is a long time student of the Great Zen Master Chang Sik Kim, founding master of the martial art, Shim Gum Do. Peter is founder of the Zen Buddhist high school Tinicum Art and Science and is presently developing a successor institution, The Lotus School of Liberal Arts (opening, we hope, in September) which will use Focusing as its primary mode for student, staff, and parent support.

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### **9:45 am-11:45 am: Experiencing A Process Model (choice 3 of 4)**

**with Anne Hartheimer**

**\*Experiential Workshop for Experienced Focusers**

Are you curious about Gendlin's foundational book *A Process Model*? Perhaps you've thumbed through it and set it down, judging it impenetrable. In this workshop we'll explore some of the seminal ideas in this life-changing book, and feel the ideas in our bodies as we use them to learn new ways to approach and improve our Focusing.

Anne Hartheimer is a Certified Focusing Trainer who teaches Inner Relationship Focusing. She has a background in philosophy and an M.S. in Computer Science. She is particularly interested in using Focusing for discovering life forward movement and unfolding one's inner direction.

### **9:45 am-11:45 am: The Nurture of Nature (choice 4 of 4)**

**With Beth Mahler, LCSW, FOT**

**\*Some basic Focusing experience is recommended**

Eugene Gendlin once said, "The essence of working with another person is to be present as a living being." As a living being, I have turned to nature and its nurturing qualities to explore felt sensing growth. During this two hour workshop, we will explore felt sensing in nature and how we interact there. We will venture outside, return inward to felt sense into our interaction, and then return to Focusing and listening in dyads or triads. The large group will reconnect in a collective creation of "listening murals" with objects from nature. In this workshop, we will experience and explore the interconnection of nature, self, and other.

Beth Mahler, LCSW, FOT uses a Focusing oriented approach to working with individuals, couples, and families in Wayne, NJ, USA. As a Certifying Coordinator for The Focusing Institute, Beth teaches a 2 year CFT/FOT certification course. Combining meditation, yoga, and Focusing, Beth facilitates group workshops and retreats to teach Focusing as a self-care practice. Beth is an adjunct professor in the Sociology Department at William Paterson University in New Jersey.