



Glenn Fleisch, PhD

Title: **Recovering the body's spirit: coming alive with Wholebody Focusing**

Great Spirit gave me special wings, calling me to soar above... My transformed body now complete... I fly on the wings of love. Native American prayer

There is a deep yearning within us for wholeness, to restore the full range of embodied experiencing and expressing that is natural to our bodily existence.

Our living body of spirit is both something that is natal to our being, yet is also something that we can (re)create.

This group will be a journey using Wholebody Focusing to call us back and bring forth our lost, forgotten or wounded spirit – renewing a fuller sense of embodied aliveness. We will experience and practice the foundational aspects of WBF as an embodied method of awakening and accessing the body's life energy and spirit to transform our conditioned patterns and recover our natural body of vitality and interconnectedness with all Being(s).

Learning objectives:

In this course, participants will be able to:

- * State the basic theoretical principles & core practices of WBF
- * Explain philosophy of alchemy- and main stages of Alchemical Transformation
- * Demonstrate how to establish & maintain the Container of Grounded Presence & Co-Presence
- * Give examples of Wholebody Awareness as conscious participation in the body's life
- * Demonstrate ways to awaken & harness the body's energy & vital life-force
- * State how the body shows us the way- to identify patterns & guide toward transformation
- * Describe the role of the Companion as co-creator/facilitator of the alchemy of WBF
- * Hold space through the alchemy of the body's deeper unfolding- and transmuting of energies

* Describe how to inspire the body & embody the spirit- as the "gold" of the inner alchemy of WBF

Glenn Fleisch is a Licensed Psychotherapist with 35 years experience in private practice as a Focusing-oriented therapist (FOT). He is a leading innovator in FOT, especially the theory and practice of Wholebody Focusing (WBF) to transforming body patterns associated with trauma. His work includes: expressive & drama work; embodied engagement in the shared relational field; restoring the body's vital life force and natal spirit; and facilitating the body's deeper unfolding. Glenn has taught WBF and FOT worldwide, and is currently teaching online WBF seminars entitled "Recovering your body's spirit: becoming fully alive with WBF." In addition, Glenn has authored numerous papers, articles and book chapters, including "Transformational Focusing," (co-authored with Doralee Grindler Katonah), and "Focusing-oriented therapy: how the body leads the way at the edge of impasse." He is currently working on a WBF manual from his online courses as well a book project: *The transformational power of Wholebody Focusing: awakening the vital life-force and recovering the body's natural spirit.*

Continuing Education

If attended in its entirety, this course qualifies for:



The International Focusing Institute is approved by the **American Psychological Association** to sponsor continuing education for psychologists. **CE Hours/Credits 12.** The International Focusing Institute maintains responsibility for this program and its content.

The International Focusing Institute, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0055. **Contact Hours 12.**

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Fleisch, G. (2008) Right in their hands: How gestures imply the body's next steps in focusing-oriented therapy. *Person-Centered and Experiential Psychotherapies*, 8, 3, p. 173-188.

Fleisch, G. & Whalen, K. (2012) 'Quantum Consciousness: An Explanatory Model for Life Forward Movement in Wholebody Focusing Part II.' *The Folio – A Journal for Focusing and Experiential Therapy*, 23, 1, 98-115.

Fleisch, G (2015) "The body's recovery of spirit: transforming life-stances and releasing bound energy: threshold events in Wholebody Focusing-oriented therapy." In *The Folio*, Vol. 26, #1,

Fleisch, G. (2016) "Focusing-oriented therapy: how the body leads the way at the edge of impasse." In *Person-centred and experiential therapies*. Wilkins, P. (Ed.). Sage. P. 50-64.

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Gendlin, E.T. (1978). The body's releasing steps in experiential process. In Fosshage, J.L. & Olsen, P. (Eds.), *Healing. Implications for psychotherapy*, pp. 323-349. New York: Human Sciences Press.
http://www.focusing.org/gendlin/docs/gol_2117.html

Grindler Katonah, D. & Fleisch, G. (2014). Transformational focusing: Theater of the living body as a vehicle of personal/communal healing. In, G. Madison (ed.) *Emerging practice in focusing-oriented therapy Vol. 2: Innovative theory and applications*. London: Jessica Kingsley.

McEvenue, K. & Fleisch, G. (2008) "The wholebody focusing story." *The Folio*, Vol. 21, #1, 179-194.

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