



## **Wholebody Focusing & Biodecoding**

*Monica Gomez Galaz*

### **Format (hour and half)**

Experiential Workshop

### **Material**

- Flip Chart,
- An area where people can move

### **Full Description of the Workshop**

In this experiential workshop we will do simple exercises that show us how our somatic symptoms carry rich and potentially healing information. There are similarities between Gendlin's theory of the implicit and Biological Biodecoding with Genosomatic Consciousness. We will explore which areas in our lives are in conflict and discover how the body has its own knowing about that conflict -- which is expressed through pain or a chronic symptom. That same pain or symptom also points toward healing, every part of our body trying to bring us back into balance. Allow yourself to be surprised at how our wholebody not only carries our own information but also the stories of the ones before us. This process is ultimately about going back into ourselves and trusting our own bodies to move us in a life forward direction.

### **Summary**

Every physical symptom points to a solution that the body moves toward to re-create balance. Pain can point to the cure of physical disease and the resolution of the emotional imbalance that created it. These ideas are based on the theories of Ryke Gerd Hamer. Please feel free to bring your symptom so we can create space and explore it together.

### **BIO**

Monica Gomez Galaz is a Focusing coordinator in Mexico City. She is a personal coach and focusing trainer. She is curious, dreamer, and a never ending student of life. Through Biodecoding and Focusing she has a better understanding of her own Body History, and has been able to evolve a new listening in her practice, where her listening includes a biological function awareness creating a natural trust of the process. Writer of "Rotos para Descosidos" a fresh and honest look at the experiences of couples. She really enjoys good talks and always to bring the positive sense of humor to life.

### **Learning objectives**

After taking this workshop you will be able to:

- describe the similarities between Gendlin's Theory of the implicit and Biological Biodecoding with Genosomatic Consciousness
- articulate the experience how the symptom follows a release of a stress in your body in the search of balance.
- detect the conflict/problem that is behind the symptom.

### **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 1.75**. The International Focusing Institute maintains responsibility for this program and its content.

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