

Tools for Life Focusing, Level I

For those interested in personal, professional growth, and change.

(See below for Continuing Education Credits information)*

- Do you feel stuck?
- Would you like to react less and respond more?
- Self-critical despite all the self help you've practiced?
- Don't have enough tools to cope with stress?

If you answered yes to any of the questions above, this class might be what you have been looking for.

What is Focusing?

- "Focusing" developed by Eugene Gendlin is a way of deeply listening to yourself.
- A natural and learned process that can bypass the intellectual analyzing. There is wisdom in our body-mind which we tend to ignore, partly because our modern, fast-paced, head-oriented culture is just not set up that way.
- Focusing is taught and used in many countries around the world.
- Focusing is practiced by: counselors, psychotherapists, clergy, massage therapists, teachers, physicians, people fond of mindfulness practices, and anyone who desires a tool that offers deep and practical benefits.



Course Instructor:

Carol J. S. Nickerson, L.I.C.S.W., C.F.T., Carol has had a private practice on Cape Cod since 1995. She is a parent through birth and adoption. She has been practicing and teaching Focusing since 2006.

When: Friday, March 31, 2013 and Friday, April 5, 2013.

Time: 9AM-5PM, two breaks, and lunch in your own.

Where: 915 Rte 28, South Harwich, MA.

Fee: \$325, which includes the course manual and the prerequisite, guided individual session which can be scheduled on the phone or in person, with Carol or other Certified Focusing Teacher.

*C.E.U.s: 12.5 credits for Social Workers and licensed mental health counselors. Certificate of completion can also be provided for other professions.

Space is limited, and having an individual session prior to course is required, so sign up now!

Another flyer will be sent out soon, with more information, and email Carol if you don't want to wait!

To secure a place in the course, email Carol at: carollicsw@comcast.net