

Annual Celebration of the significance of Focusing, the philosophy, and psychology works of Eugene Gendlin (25th December 1926 – 1st May 2017)



Workshop to learn the skills of Listening and Focusing

Facilitator: David Garlovsky, BSc, MSc, Certificate in Social Phenomenology
Certified Focusing Teacher of the Focusing Institute

The skills of Listening and Focusing will enable one to positively and freshly attend to one's emotive feelings to apply in everyday situations with friends, family and in one's professional life.

These skills can give people the means to delve in and discover for themselves what action they could take to take to improve their life and the world we live in. Gendlin thought Focusing and Listening give a way to have unfold what is felt in the body, essential for therapeutic change and a method for humanising political change.

The activities will focus on a way to access work-life balance, creativity, self-assessment, teacher support, assessment of students, parent meetings, inspections and conflict resolution. In these situations Gene's notion will be applied that when something is unclear and bodily felt, to allow it to open into intricate detail for meaning to arise for the basis of responses when in relation to another.

David met Gene in Chicago in 1970 at CHANGES, a community that evolved into a 'peer counseling community' where no one was denied entry and where everyone learned empathetic listening and experiential focusing skills.

Wednesday 2nd May
5.30pm – 7.30pm

Central Library Carpenter Room

Places are **FREE** but must be booked.

Telephone: 0114 273 4712 Online www.sheffieldlibraries.eventbrite.co.uk

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