

**Level One Focusing:
Encountering the Inner Relationship**

The First of a Five Part Series

Taught by Katarina Halm and Jael Emberley
Assisted by Kiama Robinson

A Practical and Theoretical Workshop
Developed for You in a Small Group
(10 CEUs)

Two Series to choose from:

January 28 & 29 or February 4 & 5, 2012
Venue: Dunbar, Vancouver, BC, Canada

* Focusing builds a foundation for creative thoughts and actions.

* See how the past is changed by our living in the present.

* Discover how events are unfinished, finished, or more than finished.

* Ponder the "unconscious" as incomplete process or unfinished events.

"Space, for us, is always a result, an "in" that is generated by a sequence.

Any sequence goes on in its own generated space."

– Eugene Gendlin, A Process Model, page 242

PREREQUISITES

* Studio registration form

- * Consultation and Focusing session
- * Prior reading in the class manual

TUITION FEE

\$150 includes:

- * Focusing Session and consultation with Jael Emberley or Katarina Halm
- * Workshop January 28 & 29 or February 4 & 5
- * The Focusing Student's & Companion's Manual - Part One, by Ann Weiser Cornell, PhD & Barbara McGavin
- * *Please ask about a work study program if you cannot pay the fees*

REGISTRATION AND FURTHER INFORMATION

Katarina Halm

Telephone: [604-263-9123](tel:604-263-9123)

Email: Studio@HappyBones.Ca

SCHEDULE FOR THE FULL SERIES JANUARY - APRIL, 2012

Level 1 Focusing: Encountering the Inner Relationship (10 hours, 10 CEU's)

Saturday January 28: Noon - 5:00 pm

&

Sunday January 29: Noon - 5:00 pm

Tuition Fee \$150.00 [[add to cart](#)] includes

The Focusing Student's & Companion's Manual - Part One
by Ann Weiser Cornell, PhD & Barbara McGavin

Level 1 Focusing: Encountering the Inner Relationship (10 hours, 10 CEU's)

Saturday February 4: Noon - 5:00 pm

&

Sunday February 5: Noon - 5:00 pm

Tuition Fee \$150.00 [[add to cart](#)] includes

The Focusing Student's & Companion's Manual - Part One

by Ann Weiser Cornell, PhD & Barbara McGavin

Level 2 Focusing: Accompanying the Inner Relationship (10 hours, 10 CEU's)

Saturday February 11: Noon - 5:00 pm

&

Sunday February 12: Noon - 5:00 pm

Tuition Fee \$150.00 \$150.00 [[add to cart](#)]

Level 3 Focusing: Supporting the Inner Relationship (10 hours, 10 CEU's)

Saturday March 24: Noon - 5:00 pm

&

Sunday March 25: Noon - 5:00 pm

Tuition Fee \$175.00 [[add to cart](#)] includes

The Focusing Student's & Companion's Manual - Part Two

by Ann Weiser Cornell, PhD & Barbara McGavin

Level 3 Focusing Practicum: Advanced Listening and Guiding (10 hours, 10 CEU's)

Saturday April 14: Noon - 5:00 pm

&

Sunday April 15: Noon - 5:00 pm

Tuition Fee \$175.00 [[add to cart](#)]

Level 4 Focusing: Facilitating the Inner Relationship (10 hours, 10 CEU's)

Saturday April 28: Noon - 5:00 pm

&

Sunday April 29: Noon - 5:00 pm

Tuition Fee \$175.00 [[add to cart](#)]

TESTIMONIALS

"As with any art, the basics are always the most important part. With focusing, this is doubly true. We are learning a way of perceiving that is

not customary in our culture, and sometimes we need repeated exposure to get it. Each time I repeat a class, something that I had heard before suddenly becomes meaningful to me."

– Birrell Walsh Ph.D. is the author of *Praying for Others* (2003, Crossroad Publishing) and *Heart Left Open* (2009, lulu.com).

"Katarina Halm is the teacher/facilitator for the Level I Focusing class (as developed by Eugene Gendlin, Ann Weiser Cornell, and Barbara McGavin) that I recently completed. This class is an introduction to the Focusing process. With Katarina's patient guidance, we learned about the importance of "Presence" and did much worthwhile practice being the Focuser as well as the Companion/Listener. Katarina is an enthusiastic, experienced instructor. She's very knowledgeable about "Encountering the Inner Relationship" and makes the class lively and enjoyable."

– Patricia R. Coia, Reno, Nevada

"I'm glad I chose Katarina for my first Level 1. With a good mixture of new and experienced Focusers in the class, I felt she was sensitive to my needs, and clearly answered any questions that arose. She encouraged us to participate in the online forum, which I found useful and rewarding. She also encouraged us to make the most of practice partnerships with other class members, both in class and between classes. I felt supported by her generosity, knowledge and dedication. I would highly recommend Katarina for anyone starting out in Focusing or who wants to repeat a Level."

– David Teichman, Victoria, BC, Canada

More testimonials at this link: [Testimonials](#)

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Katarina Halm M.A.

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Joy in Movement Studio:

Focusing, Inner Relationship Focusing, Focusing and Dreams,

Meridian Focusing, Taijiquan, Qigong,
Feldenkrais®, *Sounder Sleep System*[™], Bones for Life®, Yamuna Body
Rolling®
(*Sounder Sleep System*[™] is a registered trademark of Michael Krugman)