

FOCUSING BASICS

Facilitating Deep Emotional Healing
and Change through the Body

*For Body Workers, Therapists and Those Who Want to Make a
Difference in their Own and Others' Lives*

Trainer: Ruth Hirsch MSW, MPH
Certified Focusing Trainer & Certifying Coordinator
The International Focusing Institute



8 Tuesday mornings, 9:00 – 11:15 am
beginning 4 November, 2014

Limited to a maximum of 8 participants
In English

In this course you'll learn a way to give your clients (& yourself!) immediate support, effectively deal with emotional issues and release stuck energy. You'll learn powerful, transformative techniques to use in your own personal life and relationships as well as with your clients.

Focusing is a unique and powerful method of personal change and development based on research by Eugene Gendlin, Ph.D.

Focusing helps you to help yourself & your clients:

- Finally resolve personal challenges
- Deepen the experience of everyday life
- Improve communication & relationships
- Access feelings
- Improve self-esteem

“While having experienced 7 years of psychotherapy, I never experienced a therapeutic modality that reached me as deeply as Focusing. Focusing has enabled me to both recognize and actualize change within one powerful session.”

L.K., Marriage & Family Therapist, Jerusalem

Fee includes:

- A pre-requisite Private Guided Focusing Session- to experience the power of Focusing, and also to make sure that Focusing is right for you;
- the 8 week Course; and
- a 112 page Training Manual (in pdf format.)

2200 nis including early registration discount (up to 22 October)
From 23 October- 2 November 2500 nis.

Bio:

Ruth Hirsch MSW, MPH, CMT, Focusing-oriented Psychotherapist, specializes in balancing and bringing peace and insight to body, mind, heart and spirit. She has delighted in teaching Focusing to individuals and professional healers and therapists since 1994.

For more information contact Ruth at 02.563.0999 or
ruth@ruthhirsch.com or visit www.ruthhirsch.com

This is Part One of a two part training. Part Two, The Advanced Focusing Course, will begin 6 January 2015. It will last 9 weeks, and include an 8 week course, the Advanced Focusing training manual and a small group supervision session. The fee is the same as Part One of the training.