

Focusing and the Therapist's Use of Self:
Presence and Embodiment
in Client Sessions

Ann Weiser Cornell

Resource Guide

****FREE CALL****

**February 2015 Teleconference Open House
Inner Relationship Focusing Training Program**

Monday 16 February, 2015

[Registration Details Here](#)

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Article: Focusing-Oriented/Experiential Psychotherapy

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The Focusing Institute

www.focusing.org

Focusing Resources

www.focusingresources.com

Workshop

Get Started with Focusing: The Path to Healing Begins with Level One

Are you looking for a way to feel better? Have you been beating yourself up because you can feel so peaceful at times and yet can't seem to sustain that feeling when the road gets rocky?

With Focusing you not only feel better, you also get lasting positive change. Focusing is a method that helps you find greater ease, clarity, and freedom from old emotional patterns. So when you're stressed, overwhelmed by strong emotions, facing tough choices, or out of touch with what you really feel and want, you can turn to Focusing to get back in the driver's seat.

Focusing Level One

Mar 4 to Apr 1 - Wednesdays - 11:00 AM Pacific

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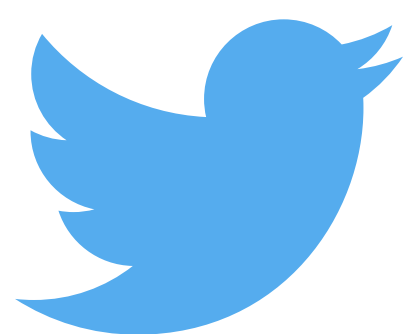
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