



Focusing Workshop

Led by Dr Beatrice Blake – Focusing Institute, New York.

Individual and Community Wellbeing Techniques



Focusing is a creative way of paying attention to the feelings held in the body. Bringing compassion and acceptance to our feelings can relieve stress and enable us to become more resilient.

Saturday July 27th 2013

Hatfield, Hertfordshire

10 am- 4pm

One of the main USA Focusing practitioners, Dr Beatrice Blake, is visiting this country at the end of July 2013.



She has been assisting Palestine Trauma Centre (UK) with treatments for extreme trauma. PTC(UK) has been developing a Focusing programme for Gaza. Dr Blake has been teaching Focusing to community groups over the last 6 years, particularly in El Salvador.

She will introduce games used to teach Focusing, including Feelings and Needs Poker, the Four Ways of Listening, and the Conflict Resolution Dance Floor. Participants will learn valuable Nonviolent Communication tools and theory that can be used to prevent or resolve conflict. The workshop will emphasize self-empathy, empathic listening, awareness of enemy images, finding the right distance, being present to the felt sense, ways of stating a problem in terms that other people can hear, and making do-able requests.



Beatrice Blake was licensed as a Doctor of Oriental Medicine in 1982. She practised acupuncture for 10 years. When she was introduced to Focusing in 1989 by Dr. Robert Lee, she felt that she had found how to access connections in thinking and emotional patterns and the way they related to health, creativity and resilience. She became a Certified Focusing Trainer in 2000. She has studied Thinking at the Edge with Dr. Eugene Gendlin, Nada Lou, Evelyn Pross and Kye Nelson. Beatrice volunteered as an acupuncturist in a clinic for Salvadoran refugees in Costa Rica in the 1980s. The friendships that she formed there inspired her to teach Focusing in El Salvador, starting in 2007. There are now two Salvadoran Focusing Trainers, who are bringing Focusing to people in rural areas who are still suffering the wounds of war, poverty, addiction and on-going violence. More details can be found at www.focusingnvc.com.

Other related links:

The Focusing institute New York (<http://www.focusing.org/>).

British Focusing Teachers Association(UK) (<http://www.focusing.org.uk/>).

Response to the Focusing course delivered to PTC(Gaza) in 2012:

“The focusing skills were most helpful & useful. They touched our feelings and thoughts and made us more aware of ourselves. So I think Focusing skills are applicable in our local environment in the way they re-condition some of our behaviour.” UNRWA Trainer and Supervisor in Counselling inside Gaza.

Do let us know if you would be interested in this by 20th June 2013.

If you need more information, please contact Mohamed Altawil (m.altawil@ptcuk.org) 07427 489699 or David Harrold (diddeus@aol.com) 07932 774237. Palestine Trauma Centre (UK) www.ptcuk.org