

“Being a person with another person”

Explore and deepen your listening to yourself and others

7 week Advanced Focusing course, online, in English. (Dates for 2020 below)
by Vera Rolfine Fryd Lyngmo from Grounded Space Focusing www.gsfofocusing.com

This course is for you, if you:

- want to deepen your listening in a Focusing partnership,
- want to deepen your listening as a helping professional,
- want to deepen your listening to yourself and to the life in you, and in your relationships.

Includes partnership between meetings.

Prerequisite: Certificate of Focusing and listening skills with a certified Focusing Trainer



Eugene Gendlin says that: *“The essence of working with another person is to be present as a living being. And that is lucky, because if we had to be smart, or good, or mature, or wise, then we would probably be in trouble. But, what matters is not that. What matters is to be a human being with another human being, to recognize the other person as another being in there.”* (Gendlin 1990, p. 205)

Deepen and explore your listening to a Focusing partner, a client, or in your life, as a way of deepening your listening to yourself and to your surroundings. Increase your presence and your “mindfulness” in your life through getting to know more about listening in a Felt Sensing kind of way.

Main goal of the course

The main goal of this course is to become more confident that what is really needed in listening to another, is that you are there as you, however you are. That is: the simple complexity of just being a human being recognising the other person as another human being.

The course will include some passages from the philosophy of Eugene Gendlin.

With Focusing partnerships as our starting point, we will:

- Learn and/or deepen the practice of landing in the “we-space”, and finding a fresh rhythm from there, together
- Explore saying “yes” to your partner’s (and your own and others’) experience
- Explore the thought that maybe the words you say hardly count, because it’s the place inside, where the words come from, that makes the difference
- Deepen the practice of letting the Focuser’s words “land” in your body, then let that place (here they land) speak naturally, rather than “remembering” or conjuring things to say back
- Explore why sometimes listening to others, including Focusing in partnerships, becomes difficult, reasons for this and what we can do
- Explore the difference between “putting your own stuff away to be fully there for the other person” and the idea of “being there, just as you are, however you are” – i.e. being a person with another person



Why practice and deepen your listening to another person?

Listening to another person in a Focusing way, is also about cultivating your presence in your own life. This includes your relationships, both to yourself and to others. Hence, such practice can put us in contact with a different way of listening to the process in our personal and professional relationships, and even in our family.

Listening and tending inwardly increases our ways of being mindful, because we learn to listen for what is fresh, new and that which has life in it.

Welcome, let’s have fun! ☺

Vera Rolfine Fryd Lyngmo

Practicalities

There needs to be a minimum of 4 people attending for the course to commence. [Secure your spot.](#)

Teacher: Vera Rolfine Fryd Lyngmo, MSc Counselling, Focusing Teacher. www.gsfocusing.com

Dates in 2020: Wednesdays, January 29, February 5, 12, 19, 26, March 4 and 11.

Wednesdays, September 2, 9, 16, 23, 30, and October 7 and 14.

Time: 7pm-9.30pm GMT+1 **Convert to your time zone:** <https://www.timeanddate.com/>

Prices and payment: Early bird NOK 1800,- (until January 15th/August 7th) Regular Price NOK 2000,- (From Sept 1st). Convert to your currency: <https://www.xe.com/currencyconverter/> If you can't afford the regular/early bird prices, and feel drawn to the course, contact me for reduced prices.

Deposit NOK 500,- to be paid upon registering, via PayPal paypal.me/gsfocusing1. Non-refundable.

I will send you an invoice for the remainder of the fee via PayPal when you have registered (see booking form), and we know that there are more than 4 participants. This is to be paid a week before the course starts, at the latest.

Meeting space: Zoom videoconferencing system. <https://zoom.us/> I will send you an invitation with a link to the meeting before October 3rd.

Attendance: I would prefer it if you attend to all or most of the meetings, as we depend upon each other's input and partnership. *Meetings will be recorded, and made accessible to you, should you be unable to attend one or more of the meetings.*

Prerequisites: Certificate of Focusing and listening skills with a certified Focusing Trainer.

Partnership between classes: As part of the course, we will partner once in the week between the meetings. If you have time (zone) or other practical preferences, regarding partnership between meetings, please write it in the [booking form](#).

My information: Email: gsfocusing@gmail.com Web page: www.gsfocusing.com

More info about me below.

About Vera



Hello, I am Vera, I am born in 1978, and haven MSc in Counselling and a BSc in Social Anthropology and Education, and here is a little about my Focusing path, so far 😊

I stumbled across Eugene Gendlin's work in 2008 while writing an assignment on Person-centered Counselling and Carl Rogers for my degree in Counselling and Therapeutic Communication at Ulster University. I found a book called "Person-Centred Therapy: The Focusing-Oriented approach", by Campbell Purton, and what caught my attention was how he described that Gendlin wanted people to develop their own way with Focusing, and develop the method further from what he has done.

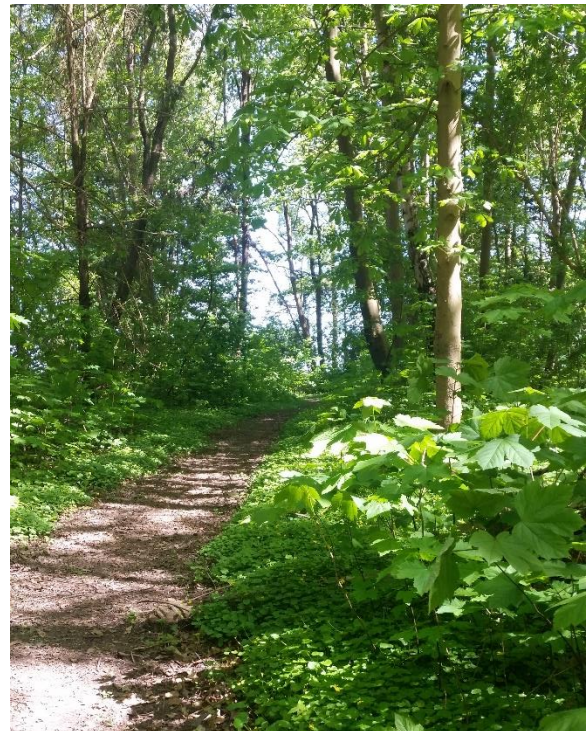
In of 2009 I attended my first introduction to Focusing course. It was like coming home, and it felt like something I had tried to do my whole life up until then, and now had finally found someone

who would support me with it!

I embarked on my Trainer in Training path in 2010 and had a bit of a break before I took it up in late 2016, to reach my certification in February 2018. In later years, I also like calling Focusing "Felt Sensing", because it is about sensing into that which is directly felt, in the body.

To me, Gendlin's work, his «A Process Model» and Felt Sensing, is a way of living, rather than solely a method or a tool to sometimes "use" in a session with a professional or a Focusing partner, to then "go back to" living life. This work is to me a wonderful alternative and/or supplement to the mechanistic and science-based way of approaching life; it opens a more humane and connective way of relating to life, to myself, and to others.

I offer, among others, Focusing and listening courses to beginners and to experienced Focusers, in person or in groups, and I offer sessions one on one, even if it is a tool rather than a way of life to you. What I would like to do is offer ways for you to "find" and cultivate Focusing/Felt Sensing, and this attentive way of listening, for yourself, because I experience that there are many different ways of doing it. And I believe in what Gendlin says about Focusing (and Focusing Listening) being a human process to be found inside, rather than something artificial you have to be taught how to do.



I hope you will enjoy my Focusing courses, or contact me if there's anything you're curious about 😊