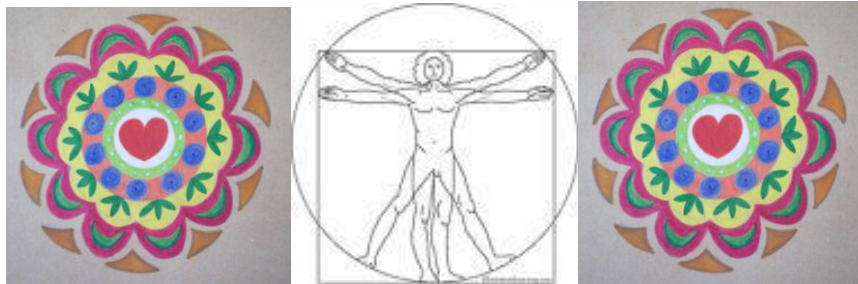




THE MELBOURNE ART THERAPY STUDIO & *Focusing* Australia

PROUDLY PRESENTS:

BODY? WHAT BODY?



A WORKSHOP COMBINING FOCUSING & ART THERAPY

COMING SOON

TO THE MELBOURNE ART THERAPY STUDIO
ABBOTSFORD CONVENT ARTS PRECINCT

FACILITATED BY: JO KENNEDY, JUDITH ZULIANI & ROBYN DEVRIES

TO REGISTER: www.melbournearththerapy.com.au
PLACES ARE LIMITED SO BOOK NOW!

What is Focusing?

Focusing is a mode of inward bodily attention that most people don't know about yet. It is more than being in touch with your feelings and different from body work.

Focusing occurs exactly at the interface of body-mind. It consists of specific steps for getting a body sense of how you are in a particular life situation. The body sense is unclear and vague at first, but if you pay attention it will open up into words or images and you experience a felt shift in your body.

In the process of Focusing, one experiences a physical change in the way that the issue is being lived in the body. We learn to live in a deeper place than just thoughts or feelings. The whole issue looks different and new solutions arise.

Focusing & Art Therapy

Focusing incorporates a gentle way of inner listening, an empathic way of being towards oneself, and provides access to the body's innate wisdom. Through Focusing, access to imagery occurs through the bodily felt sense of an issue, situation, or experience. Focusing adds an aspect of mindfulness to the art therapy process, along with a sense of groundedness to the image through the felt sense of the body. Experiences of self-compassion, self-care, inner trust, and authenticity are heightened.

Studio C2.26, 1 St Heliers St. Abbotsford Vic 3067 Ph: **(03) 8415 0052**
info@melbournearththerapy.com.au www.melbournearththerapy.com.au