



# Experiential Focusing

**Martin Langsdon**

Saturday 18<sup>th</sup> March 2023

10.00am-4.00pm

Only  
**£25**

Experiential Focusing was developed as a technique to help people benefit from counselling, which can also be used as self-help strategy in its own right.

This CPD day will provide an experiential introduction to 'Focusing' as a self-help technique and as a peer support process.

Learning and practising 'Experiential Focusing' also provides an insight into the process that people undergo as they engage in counselling.



Martin is a counsellor, supervisor and counselling trainer and has been teaching 'Experiential Focusing' in a local University Centre for Counselling Studies, where he worked as a lecturer for 10 years and also completed doctoral research into 'Experiential Focusing' within counsellor training.



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**Please reserve..... place/s on 'Experiential Focusing' (Martin Langsdon) – Saturday 18<sup>th</sup> March 2023**

I enclose a cheque for £..... payable to the One to One Project

Name

Address

Telephone number

Email

Tea/Coffee will be provided, please remember to bring your lunch.