„Do you have any words for it yet?“

Children Focusing – an access to presence

August 4th till 10th 2014 (starts 4th at 6pm, ends 10th at about 4pm)

„Parimal“(near Kassel/Germany – good train connection to Frankfurt airport) www.parimal.de

Children do still have direct access to their bodily sensations whereas most of us adults experience this access as blocked. Focusing helps children to connect with their inner knowledge and supports them on their process of growing. It is by the f*elt sense*, which is the physically perceptible sensation, that it is possible for the child´s self-determination and self-responsibility to be nurtured and she or he is connected with her or his life experience. Children – from babies to adolescents – can learn to listen to themselves.
Being connected with their *living forward energy* they are able to accept themselves as who they are, to orient and to find their ways in life.



What is this training about?
Children Focusing is more than just a technique. It changes the access to and the relationship with the child – to and with yourself – in a way which matches your very own values. Parents, grandparents, caregivers, teachers, group-leaders, social-work assistants for families, psychotherapists, nurses, occupational therapists - anyone who works or lives with children in any way can accompany a child in Focusing.
In this training you will learn the necessary skills to **relate to and interact with** children as a **Children-Focusing-Companion**. This includes many different Focusing interventions and exercises - being applicable for a single child or groups of children.
You will learn to deal with the tensions which may evolve when you are structuring a child´s Focusing-process from outside and simultaneously follow it inwardly.
In this training you will also learn skills for **your own personal development**:
e.g., how you stay connected to yourself by the help of the f*elt sense,* or how you are able to recognize when the relationship with a child has got so close that your own life-experiences come to the fore. It is by the help of the f*elt sense* you will learn to look on your reactions and overreactions as well as gaining access to your moods, boundaries and blockages. You will discover your own creativity as a Children Focusing Helper. You will find your unique approach of supporting children in Focusing in your area of activity.
You will also learn how Focusing supports you in your work and in your being with the child.

Costs: Seminar costs till January 30th € 480,- / till April 30th € 520,- / till July 29th € 560.-
(with the registration of any further person we allow a € 80 discount).Costs for accommodation and full board 6 days per person: € 300 up. Single bed rooms are available in restricted numbers and will be assigned to those first booking them. Payment plans are available, ask for more information.



Heidrun Essler: I have been working in the field of communication and conflict with adults since 1989. Dealing with these issues I have been confronted with language and emotions over and over again. Whilst adults have to labor to bring out such issues children can learn to have immediate access to them and to welcome them.
I have experienced the energy of the children connecting me to my own *living forward energy* on every occasion.
I am an academic speech trainer, Focusing teacher for adults and children and Certifying Coordinator and senior teacher of the International Focusing Institute New York (TFI).www.focusing.org
The training is accredited as the main part of a Child-Focusing-Companion qualification (TFI)
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More information about me at: www.essler-seminare.de