



# ***The* LONDON FOCUSING INSTITUTE**

Focusing offers a profound and natural way to seamlessly integrate bodily awareness into the dialogue and relationship of therapy. It is an excellent skill for therapist self-care and client change.

The Introductory Focusing weekends in Central London can be taken as standalone CPD or as a precursor to training as a Certified Focusing Oriented Therapist. Focusing fits well with any other therapeutic approach or personal practice. More information: [www.londonfocusing.com](http://www.londonfocusing.com)

**Next Certification Training in Focusing Oriented Therapy (2 year part-time)  
January, 2020. Central London**

**Next weekend Introduction to Focusing and Focusing Oriented Therapy  
November 23-24. Central London**

Taught by Dr. Greg Madison, Frank Bock, and graduates of LFI.

More information:  
Email: [londonfocusing@gmail.com](mailto:londonfocusing@gmail.com)



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