



We are pleased to offer:  
**INTRODUCTORY TRAINING IN WHOLEBODY FOCUSING**

**Reconnecting to Wholeness of Self:  
Explore the Transformative Power of Bodily Consciousness  
From the Felt Sense of Grounded Presence**

Belgium Location, July 3 – 5, 2015

**Trainers:**

Karen Whalen, Ph.D (Canada) and Katrijn Van Loock, M.Psy. (Belgium)



*“Wholebody Focusing reconnects us to our innate Body Wisdom, rebooting our life stoppages and opening us up to the fullness of life”. – Whalen and McEvenue*

Wholebody Focusing is an experiential BodyMind practise which reconnects us to the vitality and intelligence of the conscious living body. The human organism contains an embodied blueprint of how it should be. Within each of us is an inner knowing of the right life-forward direction toward healing and fulfillment. Wholebody Focusing is a natural process that invites the power of bodily consciousness to awaken this inner knowing of the whole living body inter-connected to the living body of the environment.

Through purposeful inner directed movements of the body’s own making, fresh life energies are activated in our body and being that have been blocked or stopped because of habitual response patterns (patterns of movement, structure, posture, and ways of being) related to trauma, challenging life events, or chronic stress.

### **Step 1: Relationship to Self**

Wholebody Focusing allows me to experience myself in a bodily felt sensing way, from the safety of a whole and healthy Self in grounded presence. We discover, in a very direct way, that the conscious living body can be trusted. My Body Wisdom knows how to generate the next steps to carry forward my life situations, relationships, and organismic life processes. The self-aware living body, intimately connected to the living body of the environment, can move my life forward in surprising, non-efforting, and fulfilling ways.

Workshop participants will experience the six phases of Wholebody Focusing and training in how to use this process to support their everyday living. We will be highlighting skills training in wholebody listening to ourselves, our environment and others, Grounded Presence to Grounded Presence.

### **Step 2: Relationship of Me Here to You There**

When I listen and resonate with my experiencing in a wholebody way, I am contacting my organismic wholeness. The dynamic inter-relational field of shared presence we will be exploring together opens us up to more connected and creative ways of navigating challenging relationships or client-based situations. I discover freshly that in meeting You There from a sense of wholeness of self, I find more of Me Here, not less. Your presence in a wholebody way, touches me in a surprising and life giving manner.

This workshop is open to anyone interested in conscious living and connecting directly to their own inner directed Body Wisdom. It will be of particular interest to person-centered, relational therapists, and body/movement oriented practitioners within the helping professions. Prior experience or knowledge is not needed. A Course Manual will be provided. **This course is strongly recommended for registration to the Advanced Professional Development Training Program in Wholebody Focusing (November 2015 – April 2017) so that potential participants can discern a rightness of fit with program and instructors.**

**Karen Whalen, Ph.D.**, is a Person-Centered psycho-therapist specializing in Complex Trauma in private practise in Canada. She is a Certifying Coordinator of the Focusing Institute in New York. She integrates energetic models of consciousness (Qi-Gong, Polarity Therapy, Quantum Consciousness) with the practise of Wholebody Focusing and WBF Oriented Therapy. She teaches extensively in North America, Europe, China, Mexico, New Zealand, and Australia.

**Katrijn Van Loock, M.Psy**, is an Experiential, Person-Centered psychotherapist, TFI certified focusing trainer and coordinator-in-training. She followed the Advanced Wholebody Focusing Certification Training Program in NY with Kevin McEvenue, Karen Whalen and Glenn Fleisch. She is working on integrating Wholebody Focusing, performance arts and clowning.

Fees: Early bird discount 425 Euros if paid in full by February 1, 2015.

Tuition: 450 Euros plus room and Board. Room and board fees will be available shortly.

If you have further questions or wish to register, please contact:

Karen Whalen: [wholebodyfocusing@gmail.com](mailto:wholebodyfocusing@gmail.com); Katrijn Van Loock: [info@kiem.be](mailto:info@kiem.be); or

Melinda Darer: [melinda@focusinginternational.org](mailto:melinda@focusinginternational.org)