



Introduction to:

**The Art of Relational Wholebody Focusing:  
Exploring the Dynamic Relational Field of WE HERE**

Belgium: October 28 - 30, 2016

**International Trainers:**

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



*Experience the Joy and Vitality of Wholeness of Self in Connection with Another Person: ME  
HERE NOW in Harmony with Body/Mind/Heart/Spirit*

*Explore the Whole Body's Felt Sensing and Sensory-Energetic Signals as Doorways into  
Conscious Adult Relationship*

*Engage in Wholebody Heartfelt Conversations: Healing my Relational Stoppages*

*Open up to the Living Relational Field of WE HERE with Naturalness and Wisdom*

**Introduction to Relational Wholebody Focusing**

(October 28-30, 2016)

**Reconnecting to Wholeness of Self Inside of Relational Space (From Me Here to We Here):**

Explore the transformative power of bodily consciousness from the felt sense of grounded presence; Cultivate a conscious wholebody relationship between Me Here in my wholeness and YOU There in Your's, in harmony of Body/Mind/Spirit/Heart

Previous programs have been held worldwide in North America, Japan, Mainland China, Europe, New Zealand and Australia. Professionals in areas as diverse as health-care and medicine, business, law, and the performing arts, have applied these skills to enhancing their own professional and creative practises.

**Tuition:**

Early bird discount by September 1: \$450 USD (approximately 400 Euros) plus room and board

After September 1, 2016: \$495 USD (approximately 440 Euros) plus room and board

Content Questions: Katrijn Van Loock: [info@kiem.be](mailto:info@kiem.be) or Karen Whalen: [karenwhalen3@gmail.com](mailto:karenwhalen3@gmail.com)

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

# Advanced Certification Program in Relational Wholebody Focusing and Wholebody Focusing-Oriented Therapy

**MODULE 1** March 30 – April 2, 2017)

**Embodying Wholeness of Self in Reconnection to the Living World Body:** Grow a new kind of playful relationship with the Body Wisdom and the life that is emerging in you. Explore the transformative power of bodily consciousness from the felt sense of grounded presence. Bring new meaning to the embodied Self through immersive practices of breath, sound and movement. Cultivating a conscious wholebody relationship between Me Here in my wholeness and You There in your wholeness.

**MODULE 2** (November 9 – 12, 2017)

**Exploring and Playing inside the Relational Field of WE HERE:** Discovering myself beneath my social coping mechanisms. There is no faking connection. In its innocence the animal body implies genuineness and naturalness. Learn to embody and navigate the myriad possibilities inside of the relational field of We Here. Saying yes to the something larger that rises up inside of the inter-human space between us. Holding both a sense of Me Here, and We Here, with equal positive regard.

**MODULE 3** (April 12 – 15, 2018)

**Healing my Trauma-based and Developmental stoppages inside of a Wholebody Heartfelt Connected WE Space:** From the fundamental practice of Grounded Presence, whole person to whole person, learn to trust and welcome the complex and multi-layered bodily signals and processes in oneself as an important gateway to the spontaneous re-tuning of our inner and inter-relational harmonic states. The Wholebody Heartfelt Connection Process offers safety and structure so that my stopped and traumatized places can awaken to their own healing within the relational space of We Here.

**MODULE 4** (October 25 – 28, 2018)

**Engaging in Adult Wholebody and Heartfelt Conversations with Wisdom and Naturalness:** Embodying a direct experience of relational connection in mutuality in all of our life situations. Developing a more conscious experience of my own heartfelt Wholeness of Self in connection with people, places and situations in my life. Throughout these months of practise, I become more aware of a stable and resilient wholebody self that can navigate relational dissonances and triggers with naturalness and skill.

This Program **is a two-year certification program in the advanced practise of Relational Wholebody Focusing.** It is open to anyone interested in conscious living and connecting directly to their own inner directed Body Wisdom in a deeply relational and adult way. **Clinicians and Health Care Professionals will benefit greatly by attending.**

Professionals from many other disciplines such as Coaches and Management Consultants would find this a meaningful course of study.

If you have further questions on content: Karen Whalen: [karenwhalen3@gmail.com](mailto:karenwhalen3@gmail.com) or Katrijn Van Loock: [info@kiem.be](mailto:info@kiem.be)

Registration: [Melinda@focusinginternational.org](mailto:Melinda@focusinginternational.org)

The training program will take place in a retreat setting. Program and room and board fees to appear shortly on the website: