



FORUM
for COUNSELLORS & PSYCHOTHERAPISTS
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Discovering Wisdom in the Body



10am – 4pm on Friday 20th June 2025

Beneath our usual thoughts and familiar feelings is a place of deep knowing and wisdom. You may have glimpsed this in intuitive moments or dreams, but did you know there was an everyday doorway to access this wisdom? Your body!

This CPD workshop will introduce you to the practice known as Focusing that opens this doorway. With it, you can find new and insightful ways forward in stuck areas of your life, it can help with decision making and self understanding. It helps us to access self compassion and bring emotional healing. Focusing comes from the work of Eugene Gendlin. His work underpins many somatic and trauma healing approaches. During our day, we will experientially explore how to access this wisdom and learn how to safely explore the territory of the body.



This workshop aims for you to:

- Discover simple practices and tools to access bodily wisdom
- Learn how to spot openings to this wisdom in others
- Find ways to invite clients and ourselves into this experience

About your facilitator:

Peter Gill is one of the UK's foremost Focusing Teachers and has been teaching Focusing for over 20 years. Prior to this, he spent a decade practising and teaching meditation. Also trained in trauma healing, grief work and nature connection. Peter brings an embodied, accessible and honest approach to his writings and teaching. He published his first book "The Way of Curiosity" in 2024. Peter is qualified with the International Focusing Institute and the British Focusing Association. He lives in South West England with his family and dog, and loves being in the woods and wild landscapes.

The workshop will be held at the Barnabas Centre, Shrewsbury, SY3 7DN and costs £45. To book a place contact Anna Harlow, Forum Membership Secretary, forum4counsellorsmembership@gmail.com