

# **Focusing-Oriented Therapy & Complex Trauma Training Program**

*Jeffrey Morrison, MA, LMHC*

## **An Embodied and Relational Approach to Unwinding Chronic Stress and Trauma**

- A two-year Continuing Education Program for therapists and healing professionals.
- Optional additional study to become certified through the Focusing Institute
- Presented by Jeffrey Morrison, MA, LMHC and Certifying Focusing Coordinator
- All workshops are held on Vashon Island from 9:00 to 4:30 Saturday and Sunday\*

## **Focusing taps into the essence of change**

Focusing evolved from research that has influenced much of the somatically-oriented, mindfulness-based work being done today. It has its roots in existential and phenomenological philosophy as well as client-centered and relational therapies. It is an experiential body-centered process that restores emotional regulation, promotes present awareness and fosters empathetic relatedness. Focusing is easily combinable with other clinical orientations and healing modalities and is itself a doorway into a grounded sense of spirituality and wellness.

## **Year One: Focusing-Oriented Therapy (FOT) and Healing**

In the first year (5-weekends) training program, you will learn and practice Focusing and how to bring Focusing deeply into your life and clinical practice. You will gain access to the rich inner wisdom that unfolds as you find Presence in your own life, and then how to facilitate a Focusing-Oriented approach to healing with others. Those wanting to continue will need to commit to the next four workshops of the five workshop series.

### **Workshop dates: 2018-2019**

**FOT 1:** June 22<sup>nd</sup> and 23<sup>rd</sup>, 2018 (Contact [www.cascadia-training.org](http://www.cascadia-training.org) for details)\*

**FOT 1:** August 25<sup>th</sup> and 26<sup>th</sup> or October 6<sup>th</sup> and 7<sup>th</sup>, 2018 (Vashon)

**FOT 2:** November 17<sup>th</sup> and 18<sup>th</sup>, 2018

**FOT 3:** February 23<sup>rd</sup> and 24<sup>th</sup>, 2019

**FOT 4:** April 13<sup>th</sup> and 14<sup>th</sup>, 2019

**FOT 5:** June 1<sup>st</sup> and 2<sup>nd</sup>, 2019

### **Pricing structure:**

**FOT One:** \$345.00 for early or \$395 for standard registration.

**FOT Two through Five:** \$395.00 for registration when paying for individual workshops.

**Package deal:** \$1,380.00 (\$345.00 ea.) for **FOT Two through Five** when paying for all four together. (*That's \$200.00 off the price for individual workshops!*)

## **Year Two: Advanced Focusing-Oriented Therapy and Complex Trauma**

The second year (5 weekends) of the program teaches you how to effectively and safely work with embodied, vicarious, and multi-generational trauma while continuing to deepen your Focusing-Oriented therapy and healing skills. Trauma will be explored through the understanding of neuroscience, philosophy, psychology, mythology, and native spirituality.

**Certification:** I offer certification in cooperation with The International Focusing Institute.

Details at [www.morrisontherapy.com](http://www.morrisontherapy.com)