

British
Focusing
Association



FOCUSING SCHOOL 2025

AUGUST 20-24TH 2025
STOURBRIDGE ENGLAND

The Focusing School 2025 is a four-day residential event which will take place in the Old Swinford Hospital School in the West Midlands. This is an opportunity to learn from well-known, experienced teachers as well as meet the wider community and enjoy Focusing together. More detailed information about the Focusing School is available on our website.



enquiries: focusing-school25@gmail.com
booking: www.focusing.org.uk/school2025



PROGRAMME

Morning workshops

Participants choose from one of seven workshop tracks to attend over the four days.

- Facing climate change with the felt sense with Peter Afford.
- Focusing Oriented Therapy with Greg Madison.
- Creating the Environment of Change with Barbara McGavin.
- Nourish your spiritual connection with Thinking at the Edge (TAE) with Fiona Parr.
- Dynamic Expressive Focusing (inner child) with Rene Veuglers.
- Focusing with the Whole Body in Challenging Times with Astrid Schillings.
- An Introduction to Focusing with Paula Charnley.

(Your first, second and third choices will be recorded at the time of registration and while we make no guarantees, we will do our utmost to accommodate your first choice.)

Afternoon workshops

There will be a variety of workshops to choose from each day. We invite participants interested in leading a workshop, discussion, or experimental session to reach out to us on the email below. There will also be space for spontaneous offerings, as the event itself inspires and generates new ideas.

Evening Entertainment

Evening entertainment is an opportunity to share your talents with the world, or enjoy other people's. Expect singing, poetry, games, performances and serious playfulness.

The programme will allow plenty of time for peer Focusing

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TEACHERS



Peter Afford

is a recently retired counsellor and therapist who played a role in the setting up of the BFA and is currently one of its directors. He is also a Focusing teacher with a deep interest in neuroscience, reflected in his recent publication *Therapy in the Age of Neuroscience*.



Dr. Greg Madison

is a highly experienced senior Chartered Psychologist, Associate Fellow of the BPS, and Existential Psychotherapist. He has written and edited a number of books, most recently *Theory and Practice of Focusing-Oriented Psychotherapy: beyond the talking cure*.



Rene Veuglers

is the international Children Focusing coordinator, FOT, Art therapist, Psychiatric nurse trained in Emerging Body Language (EBL).



Fiona Parr

Fiona Parr is a BFA Certifying Mentor and a TIFI Certifying Coordinator, offering individual sessions, trainings and mentoring. She is committed to deepening into the lived experience of embodied spirituality in herself and in others.



Astrid Schillings

Is a senior Chartered Psychologist/Psychotherapist. She developed the Bodying Process language which she teaches in her Focusing with the Whole Body (FWB) trainings to FOTs, professionals and all interested. Sensitive Body-Mind-Awareness and Gendlin's Philosophy informs the work. Her heart is engaged in inviting the life changing quality of FWB in how we live and work every day.



Paula Charnley

is a Person Centred Counsellor and Focusing Practitioner /Teacher. She is based in Staffordshire and will be offering introductory training to attendees who are new to Focusing.



Barbara McGavin

is co-creator with Ann Weiser Cornell of Inner Relationship Focusing. Their new book, *Untangling: How You Can Transform What's Impossibly Stuck*, shares the Focusing-based processes they have developed together over the last thirty years. Barbara was one of the founding members of BFA and is a certifying Mentor for BFA as well as being a Coordinator with TIFI.

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VENUE



Directions

The Old Swinford Hospital School is a state bluecoat boarding school ideally situated in the Midlands. Set in beautiful grounds, with simple accommodation and catered vegetarian fare for up to 140, it is easily accessible from Birmingham. The nearest train station is Stourbridge Junction.

Old Swinford Hospital School

Heath Lane
Stourbridge
DY8 1QX

(For satnav directions please use postcode DY8 1RQ)

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