

Refocussing and God Spaces

For Pastors, Counsellors and Counsellors in Training, Pastoral Carers, Psychologists, Small Group Leaders, Interested Individuals and so on

Part One

Introduction to Refocussing Therapy

3 Day Work Shop **COST:** \$550

DATES: Thursday 6th **TIME:** 9:00 to 3:00 Friday 7th **TIME:** 9:30 to 3:00

DATES: Saturday 8th June **TIME:** 9:30 to 5:00

A highly interactive course, which provides a comprehensive view of what 'Refocussing' is and especially how pivotal 'God Spaces' are for connecting to God's empowering presence to facilitate change. Learn these most powerful techniques to be able to apply them in your own world and help others.

SESSION 1 : Introduction and overview of the crucial components of Refocussing.

SESSION 2: Refocussing Therapy and its claims: a holistic model of human functioning.

SESSION 3: The Seven Foci or 'lenses' that under-pin the theory to help people locate their "need/thirst" to the "drink".

SESSION 4: Theology of the Refocussing and introduction of God Spaces.

SESSION 5: Influences that Shape Us.

SESSION 6: Clean language....a disciplined questioning process which empowers both the 'client' and the 'listener'.

Part one is an equal amount of theory and practical experience.

EARLY BIRD REGISTRATION with deposit before 20th May, 2013 will secure your **FREE** comprehensive manual and workbook.

MANUAL AND WORKBOOK available for purchase at the registration table.

BALANCE to be paid on the day of course commencement.

BANKING DETAILS: Bendigo Bank, A/C Name: Janice K. Dowling, BSB: 633108, Acc No: 125645929

REGISTRATIONS CLOSES JUNE 1ST 2013.

Morning and Afternoon Tea provided. Please bring your own lunch or visit shops close by.

VENUE: Grace Church of Christ,
21 Koomba Road, Wantirna VIC 3152

FOR ENQUIRIES VISIT: www.refocussing.com.au

EMAIL: janodowling@gmail.com **MOB:** 0401 205 617

 **Refocussing**

Jan Dowling

Refocussing therapist - Licenced trainer- Facilitator

Grad Dip Pastoral Counsel (CSU)

Grad Dip of Soc Sc Family Therapy (Swinburne)

Jan has trained under Dr Diane Divett and worked with Refocussing and God spaces for over 10 years. She has found Refocussing to be most effective with individuals, couples and groups. Her passion is to encourage and equip others through teaching, training, and mentoring so they in turn are able to impact the lives of many others. Jan travels locally, interstate and overseas to teach and train health professionals, business people and a variety of groups across a wide range of denominations.

