

# Refocussing and God Spaces

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

## Part Two

### Refocussing Theory & its Practice

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

**DATES:** Thursday 13th June **TIME:** 9:00 to 3:00

Friday 14th June **TIME:** 9:30 to 3:00 Saturday 15th June **TIME:** 9:30 to 5:00

Part Two is also highly interactive.

Together we will identify the best tools to enhance your intimacy with God as you create new skills and techniques that facilitate change and freedom for others.

The emphasis will be on the 'seven foci system' designed to integrate theology and psychology in a most profound and powerful manner.

**SESSION 7 :** *The Counselling/Pastoral Care Space*...learning how to change the focus to resource others.

**SESSION 8:** *Trauma and Mental Health*... learning skills that will help participants identify these issues and shift people from trauma using the RF model.

**SESSION 9:** *Affect-child within and physiological/body focus* to develop another's information.

**SESSION 10:** *Cognitive and God Spaces/ Symbolic focus* used to develop further information safely.

**SESSION 11:** *The foci map/evil focus.*

**SESSION 12:** *Using all the foci* and learning how they flow together.

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

**EARLY BIRD REGISTRATION** with deposit before 8th June, 2013 will secure your **FREE** CD pack!  
**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 10TH 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](http://www.refocussing.com.au)

**EMAIL:** [janodowling@gmail.com](mailto: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.

