**The Transformative Power of the Background Feeling in Focusing**

with Marine de Fréminville (Québec, Canada) (in English with clarifications in Flemish available)

Exploring what Gendlin calls the Background Feeling in Focusing, might give access to old implicit connections and lead to some transformative and alleviating potentialities. This is where the work of Marine de Fréminville on the background feeling stands out.

The background feeling isn't simply something to notice before going deeper into Focusing after having cleared a space, it is a powerful 'felt sense' to deepen access to more of what's there and hence a medium for a powerful transformation. For more than twenty years, Marine de Fréminville has been refining this exploration of the background feeling and is now called worldwide to teach on the topic from Europe to Japan.

Marine says "The exploration of The Background Feeling, beyond old conditionings, hidden identities, wounds and traumas, may gradually transform what was first felt as a burden or a limit into the extension of being".

In his paper "Not drowning but waving - Focusing-oriented Therapy and the unstopped experience of addiction", Alan Tidmarsh, Focusing Oriented Therapist, adds "If I can notice something of the implicit shape of that background feeling, I start to meet parts of a person that they may not know themself and healing begins."

**Aim of the workshop**

This theoretical and experiential two days workshop will present the latest development of "The Transformational Power of the Background Feeling" in Focusing.

Exciting new developments will be offered after Marine's further explorations and refinements exploring how the background feeling might be connected to something not always belonging to you but that might evenutally be absorbed from your environement (familly, larger context...). Wholebody Focusing and creative resources will be used as well to build more safety and grounding during this exploration.

This is an essential work for everybody wanting to learn more about this aspect of Focusing and for psychotherapists who would like to integrate this work into their practice.

**Program**

This theoretical and experiential workshop will invite participants to identify and pay attention to their Background Feeling also called “Wall Paper” and how to work with it.

As a transformative power tool, they are going to have the possibility to explore in a safe way how to be with something that could have been repressed or might be related to old wounds or residual trauma that could even be vicarious (that is inherited from personal, family as well as historical environment). They will discover an innovative way of working with this theme and further development related to it.

For more information, please see the article entitled “The Implicit Transformational Power of

the Background Feeling in Focusing”, published in The Folio. A Journal for Focusing and Experiential Therapy. Volume 21. Please follow this link to the article in the Folio : The Implicit Transformational Power of the background feeling in Focusing (http://www.focusing.org/folio/Vol21No12008/02\_TheImplicitTRIB.pdf)

**Schedule**

Saturday, the 16th of July from 10h00 to 13h00 and 14h30 to 17h30. Sunday, the 17th of July from 10h00 to13h00 and 14h30 to 17h30.

**Language of the workshop**

Workshop Language will be English. Clarifications in Flemish, French or Spanish will also be available if needed. Exercises can always be done in the language of your choice.

**Trainer**

Marine de Fréminville Clinical Psychologist, Focusing Coordinator, EMDR practitioner

Marine de Fréminville is a clinical psychologist, co-founder of The Bilingual Focusing Center of Montreal. As a Certifying Coordinator, she offers Focusing Trainer Certification Programs. She has been practicing, teaching and spreading Focusing for more than twenty years in groups and individual sessions in Europe and in Quebec and more recently in Ecuador and Japan. As an EMDR practitioner, she likes to combine Focusing with EMDR in dealing with trauma and unresolved grief.

**Place of the workshop**

The workshop is going to take place in De Binnentuin (Spoorwegstraat 8, 3370 Boutersem). www.binnentuinboutersem.be

**Price for the workshop**

Prefered price for a subscription and payment before or on the 30th of May 2015: 240 euros per participant.

Normal price after the 30th of May 2015: 280 euros per participant.

The price includes the workshop fee, coffee-tea pastries breaks, a lunch each day and course notes.

**Prerequisite :**

A Level 1 in Focusing.

**More information** : If you need more information about the content of the workshop in Flemish or English, please

call Jessica Delooz at 0476/56.68.24 or send a mail

*at* [*backgroundfeelingbinnentuin@focusingcenter.be*](backgroundfeelingbinnentuin%40focusingcenter.be) *and by cc'ing by e-mail at* *mailto:jessie.delooz@gmail.com*

**Reserve your spot by e-mailing :**
 backgroundfeelingbinnentuin@focusingcenter.be  *and*
 jessie.delooz@gmail.com

and we will be sending you the registration link when registration opens.

*Please note that this might be one of the very last time for you to be able to get this very interesting workshop as Marine is slowly retiring and we don't know when she could be back in Europe after this event!*

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