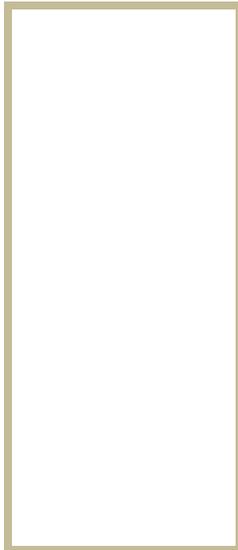


Carol Nickerson, L.I.C.S.W.
Inner Relationship Focusing
P.O. Box 563
North Chatham, MA02650



A course offered for helping professionals:

Inner Relationship Focusing.

Level I

*Do you want to enhance or develop your ability to be present with your clients?

*Are you unsure what it really means to work with clients in a mind-body approach?

*Do you find yourself tired, wishing you had energy left, after difficult sessions with clients?

*Do you wonder if you facilitate the most effective therapeutic relationship with your clients?

*Do you need to nurture yourself more, but don't have the time?

*Are you frustrated with having to travel off Cape and spend a lot of money for your continuing education credits?

*Would you like to be one of the first helping professionals on Cape Cod to be trained in a nationally known and respected mindfulness practice?

If you answered **yes** to any of the questions above, I welcome your contact: Carol Nickerson, L.I.C.S.W. Please email me at carollicsw@comcast.net or call me at **(508) 432-5640** for more information.

About Focusing

Focusing was discovered when Professor Eugene Gendlin, a colleague of Carl Rogers, of the University of Chicago, in the early 1960s, researched the question: ***Why is psychotherapy helpful for some people, but not for others?*** He studied hundreds of therapy sessions and made a fascinating and important discovery: successful therapy clients had a vague, hard to describe inner awareness; a mind-body-like ***felt sense*** about their problems.

Paying attention to the felt sense in specific ways proved to be a key component of successful psychological change. Focusing is taught and used in many countries around the world.

Focusing is a powerful and effective way to bypass intellectualization, regulate otherwise overwhelming emotion, and go directly to the source of change: the felt sense. You will come away with a deeper appreciation of how to create safety and an enhanced presence in yourself and your relationships.

The Course

This is a course designed for helping professionals. 12.5 Continuing Education Credits available for Masters level clinicians. This course will be offered again and again, please contact me for details.

What a few experts say about Focusing...

*In a recent **E.M.D.R. training, Francine Shapiro, Ph.D.**, recommended clinicians teach Focusing to their clients before processing trauma.

***Richard Schwartz, Ph.D. Internal Family Systems, I.F.S.** says about Ann's book, Radical Acceptance of Everything, about Inner Relationship Focusing. "I have always had a lot of respect for Focusing but saw a gap between it and Internal Family Systems in terms of appreciation of the multiplicity of the mind and qualities of Self. In this intriguing collection of articles, Ann Weiser Cornell describes in a very personal and readable way her groundbreaking journey with her colleague Barbara McGavin that narrows the gap. *I endorse their resulting approach heartily and embrace them as kindred spirits on this road toward the radical acceptance of everything.*"

*In, Waking the Tiger, **Peter Levine, Somatic Experiencing**, refers to Focusing's role in mind-body treatment of traumatic material. "According to Eugene Gendlin, who coined the term "felt sense" in his book, Focusing: 'A felt sense is not a mental experience but a physical one. Physical. A bodily awareness of a situation or person or event. An internal aura that encompasses everything you feel and know about the given subject at a given time---encompasses it and communicates it to you all at once rather than detail by detail.'"

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Carol J. S. Nickerson.

L.I.C.S.W.: Carol has had a private practice on Cape Cod since 1995. She also provides clinical

supervision through her practice and through Pare & Associates, West Yarmouth. She provides clinical consultation to Latham Centers, Brewster, MA. Carol consults with clinicians on practice start up and renewal issues. Prior to developing her private practice, she worked in clinical and management positions with M.S.P.C.C., F.C.P. Inc., Child and Family of Cape Cod and Good Hope Adoption agency. She is a parent through birth and adoption. Prior to living on Cape Cod Carol lived and worked in mental health and human services in Worcester, MA.

My website is a work in progress. I

invite you to visit:

www.carolnickerson.org

My own practice of Focusing continues to transform areas in both my personal and professional lives. I observe my clients making faster progress, at deeper levels, and tend to themselves more between sessions. I am pleased to offer the experience of Focusing to others through teaching Focusing classes and by offering Professionally Guided Focusing sessions.

How I learned about Focusing:

I stumbled upon Focusing in 2005, after many years of learning and practicing well respected treatment approaches, including Cognitive-Behavioral Therapy, Expressive Art Therapies, Eye Movement Desensitization and Reprocessing, (E.M.D.R.), Internal Family Systems Model, Sensory Motor Psychotherapy approaches, and attachment oriented family therapy. I have been a student of Ann Weiser Cornell's Inner Relationship Focusing since 2005. As of Fall of 2009, I became a Certified Focusing Teacher.

Here's what others have said about Focusing and learning with Carol:

"Carol is one of my professional mentors. She introduced me to Focusing. I found Focusing a technique which is helpful for me to relax, and integrate my thoughts on a level which I had not experienced before. The multi-level approach is phenomenal." --Nancy Warner, L.I.C.S.W., Cape Cod

"Carol is an excellent facilitator; thorough, connected, present with herself and the client, and just a delight to work with!" Linda Cooke, L.C.S.W., E.M.D.R. Consultant, Sensory Motor Psychotherapist, Maine

"What a gift I received when Carol introduced me to Inner Relationship Focusing! Initially, I thought this "way of knowing" would enhance my psychotherapy skills to provide a richer, more connected experience for my clients: I had no idea it would have such power in my personal life as well." --Marie Giannetti, L.I.C.S.W., Cape Cod

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