

## **"BEING SERIOUSLY PLAYFUL" 2019**

**'Dynamic Focusing', an approach to being with children and towards your inner child.**

**A 5 day intensive training from Monday 8<sup>th</sup> till Saturday the 13<sup>th</sup> of July in the Netherlands.**

Designed for anyone working in a professional capacity  
with children or young people, for parents, grandparents ~ and just for yourself too !



Children Focusing  
provides adults with the skills, knowledge  
and attitudes  
that allows them to *be with* ~  
and work with children,  
using the tools, techniques  
and inherently gentle,  
playful approach of *Focusing*.

Several topics are essential and will be covered: "Listening in three directions; unconditional authentic empathy, The Emerging Body language; safety and boundaries, Contact/ Contract; Self care; working with symbolisations/ expression and (pre-verbal) inner child work.

Look at: <https://kinderfocuscentrumnederland.nl/being-in-contact/>

### **Learning outcomes of training in Dynamic Focusing.**

To build resilience and competence in self care and empathy ~ through developing an understanding of personal somatic/bodily felt life and inner child experience, from both an experiential and theoretical point of view.

To learn and develop the practical skills, approaches and techniques required to build that same resilience and competence within the children and young people that you are working with or . . . *being with*.

To learn and discover how to support children and young people to use their natural capacity for imaginative play, drawing, storytelling and other forms of symbolisation ~ to better manage their emotional experience, while also developing your own creativity and playfulness.

In particular ~ to learn how to do all of the above for yourself as an adult, in a safe space, with clear boundaries that respect the privacy and vulnerability inherent in much of childhood and adolescent experience. And to learn and experience integrating a Focusing dimension into existing practices and activities you already use with children and young people, or in your work and training with adults.

### **Training Providers:**

René Veugelers & Harriet Teeuw are certified Children Focusing Coordinators and Art Therapists. Both have many years teaching experience and practice, working and being with children of all ages. They experience the '*seriously playful energy*' in themselves and in their work with children.

### **Information and registration:**

René Veugelers: [rene@ftcz.nl](mailto:rene@ftcz.nl) or [www.ftcz.nl](http://www.ftcz.nl)

*This training is accredited by The International Focusing Institute as an essential part of the whole 60 hour ( 10 days ) Children Focusing Training.*

*Being Seriously Playful 2019*