

## Goals of Workshops

- ✦ Teach a basic understanding of Focusing and how to access the Focusing process
- ✦ Teach how to detect and identify inner emotions
- ✦ Teach how to listen to the healer within ourselves
- ✦ Teach how to use focusing for stress reduction, problem solving, conflict resolution, compassionate listening, empowerment, better understanding and better communication.

## Potential Professional benefits of Focusing:

- ✦ Create practices which will enhance wellness, support better communications
- ✦ Improve understanding between physicians and patients
- ✦ Enhance harmony in the work and home settings
- ✦ Instill greater respect for those involved in the health care team
- ✦ Address challenges and difficulties in a cooperative, non-adversarial manner creating a fertile milieu for progressive and positive changes.
- ✦ Empower the staff to perform at a higher professional level.

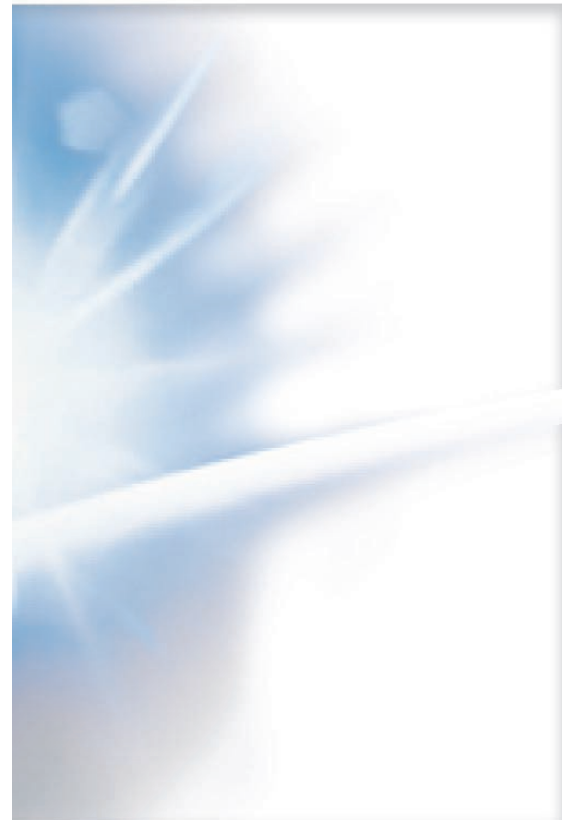
## Potential Personal benefits of Focusing :

- ✦ Increases balance/stability movement/ advancement
- ✦ Accesses creativity and innovation
- ✦ Deepens peaceful feelings, gratification and harmony
- ✦ Promotes wellness and equanimity
- ✦ Nurtures self-acceptance, wholeness and inclusiveness

## For scheduling and other inquiries please call

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or email me at:      lynesc@juno.com

*Private sessions are also available*



## *Focusing*

An invitation  
to Health  
Professionals  
to reduce stress,  
and move  
forward with  
integrity, clarity  
and purpose.



Joalie Emmanuelle Davie, MD

Joalie is a physician who became interested in finding various techniques which would reduce stress and be effective in initiating positive lifestyle changes. She discovered *Focusing* in 1996 and found it so effective that she became a certified *Focusing Instructor* and now offers it to other healthcare professionals, teachers and businesses.

In addition to *Focusing*, Joalie provides Physician Consulting Services specializing in quality of care and managed care issues.

Joalie Emmanuelle Davie has practiced Emergency Medicine for 12 years and has been a member of The American College of Emergency Physicians, The Massachusetts Medical Society, and the American Board of Quality Assurance and Utilization Review.

## The Power Of Focusing in Healthcare

Physicians, nurses and other healthcare providers are dedicated, hardworking professionals who strive to be self-sufficient, independent and benevolent. Their schedules are overcrowded, which leaves them feeling rushed and over extended yet they must continue to provide high quality care often ignoring their own inner needs.

**Focusing** is a practice which accesses a quiet inner place to enhance wellness, improve understanding, create a greater feeling of balance and harmony, and empower the provider to perform at a higher professional level.

Described by Dr. Eugene Gendlin in the 60's, Focusing is a technique which can be used to diffuse anger and frustration, save personal energy and lighten what we carry in our hearts so as to bring smiles to our faces and souls. It provides a way to become unstuck from apparently unyielding situations and dysfunctional patterns of the past and move forward with clarity and determination.

**Focusing** requires motivated individuals willing to tap into new and diverse sources, and who believe in their own strength, wisdom and abilities.

### Potential benefits of Focusing:

- ✦ Enables physicians to work with a greater feeling of integrity and instills compassion, sensitivity and self assurance in the work place.
- ✦ Addresses challenges and difficulties in a cooperative, fair, and non-adversarial manner
- ✦ Improves understanding between physicians and patients and between physicians and other health care personnel
- ✦ Enhances harmony and reduce stress in the work and home settings

# W O R K S H O P S

## Introductory Workshop/Lecture (1 to 2 hours)

Synopsis of Focusing with brief history, case illustrations, and how incorporating focusing techniques to address common issues provides movement toward feelings of well-being, balance, and greater ease. Group experiential mini-exercises in Focusing will allow for demonstration and practice.

## Half Day Workshop (3-4 1/2 hours)

Introduction to Focusing with brief history, case illustrations, and how incorporating Focusing techniques to address common issues can help one move towards resolution and feelings of well-being. Group experiential Focusing exercises will allow for demonstration and practice with feedback.

## Healing the Health Care Provider (available in day long, 2 day and 3 day workshops)

Introduction to Focusing with emphasis on experiential practice of Focusing. Group Focusing exercises will allow for practice in small groups with questions and feedback. Physicians will learn and practice the process of *clearing a space* and Focusing on selected issues to access their inner wisdom. They will learn to facilitate the process of being present and to listen and to hear their innate needs.

## Healing The Physician Within: Getting in Touch with Your Inner Wisdom (available in 1-3 day workshops)

This workshop will emphasize the process of Focusing to help nurture the provider's own primordial needs. This workshop introduces a process of being present with those needs and to formulate empowering, lasting, positive changes through Focusing.

## Ongoing Monthly Workshop (four 2 hour sessions over 4 months)

Lecture and practice sessions each concentrating on various aspects of Focusing practice and problem solving.