Presence and Relationship Workshop

Friday, June 22, 2018, 6:30 – 8:30

Saturday, June 23, 2018, 10:00 – 5:30

Presented by

Avraham Cohen, PhD, RCC, CCC & **Heesoon Bai**, PhD, RCC

In this workshop, we will explore the intrinsically related processes of presence and relationship within the context of our personal history and contemporary culture. In particular, we will focus on the integration of contemplative practices, inner work, and relational practice. We will focus on two practices for relationship: 1) being present with another; and 2) understanding the psychological dimension in relationship and its use for meaningful connection with self and other. As well, we will attend to the community culture development as pertaining to our weekend workshop community with the aim of creating an optimal environment for learning for our own growth and for work with clients.

In this workshop, you will learn about:

- being fully present in the moment with yourself and another on multiple and integrated levels: physically, emotionally, cognitively, and spiritually;
- bringing more vitality and flow into your practice, yourself, and your relationships;
- engaging with life, personally and professionally, in a more profound way;
- discovering a unique way to work with the development of psychological mindedness with yourself and with clients.

This workshop is particularly appropriate for counsellors, psychotherapists, mindfulness practitioners, and those interested in consciousness development and relationship.

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6:30 pm – 8:30 pm

Saturday, June 23, 2018
10:00 am – 5:30 pm

Location:
2895 Neptune Crescent
Burnaby BC
(map and directions will be forthcoming)

Registration:
$160.00 ($140.00 for payment received by June 8, 2018)
$125.00 students, recent graduates, previous workshop attendees, and unwaged ($110.00 for payment received by June 8, 2018)

TO REGISTER:
E-mail completed registration form
and e-transfer to: cohen2therapy@gmail.com

Or mail cheque payable to Avraham Cohen to:
Dr. Avraham Cohen
1102-1445 West 13th Avenue
Vancouver, BC, V6H 1P2

For more information please email
Dr. Avraham Cohen at:
cohen2therapy@gmail.com

This 1 ½ day workshop focuses on the art of developing increasingly full presence and attunement. The power of these two dimensions, skillfully applied, can take the practice of therapy, mindfulness, and being human to a deeper level: by meeting from exactly where you and the other are, moment-by-moment, thereby facilitating resolution of whatever has been blocking the flow of life energy and arresting the course of nature and human development. The development of psychological mindedness as an integrated and fascinating part of the whole process will be demonstrated and practiced.

This workshop will be conducted as a collaborative learning community that practices presence and psychological mindedness. Dr. Avraham Cohen will facilitate the workshop, supported by Dr. Heesoon Bai. The day will include time in mindful attunement, contemplative and psychological teachings about presence and multi-dimensional connection, demonstrations, self-inquiry practice activities, and group process work. Attention will be paid to how these new learnings can be integrated into your practice and everyday life.

Avraham Cohen has been practicing as a psychotherapist for 4 ½ decades. His knowledge incorporates many theories and practices in the field, and is integrated with his experience, practice, and teaching of meditation. He has led therapy workshops, taught graduate level counselling students, delivered various trainings, given talks, published widely, and presented at national and international conferences. dravrahamcohen.com

Heesoon Bai is a university professor specializing in philosophy of education and has a small private counselling practice. She is interested in the neurobiology of early attachment, the development of attachment style, and the effects on adult life.

Avraham and Heesoon have been presenting together for a number of years, and they believe that relationship is a teaching in itself.