

My name is YongWei Xu. I'm a Bachelor of Arts, Psychological Counselor, Focusing Oriented Therapist, Wholebody Focusing Professional Trainer. I have my own private practice office in Wuxi, China. I have learned Focusing Oriented Therapy more than 8 years and have extensive experience of Focusing practices, most recently in Relational Wholebody Focusing and Trauma Focusing. I have hold more than 40 sessions of Focusing Salon and more than 120 sessions of Focusing Group in Wuxi, China.

In 2005, I have got the National Secondary Psychological Counselor Certificate.

From 2008-2010, I studied adolescent mental health education and counseling in Chinese Academy of Sciences Institute of Psychology and have got the Postgraduate training courses completion certificate.

From 2012-2014, I took the long-term training course of psychodynamic psychotherapy hold by CAPA (China America Psychoanalysis Alliance).

Since 2011 till now, I have been studying Focusing therapy including the training courses below:

- The Second Successive Training Project of Focusing-Oriented Therapy held in Shanghai, China from 2010~2012 by Jun Xu, Kira Yasuyuki, Akira Ikemi.
- The Inner Relationship Focusing Workshop held in Shanghai, China from Jan.4, 2013~Jan.6, 2013 by Ann Weiser Cornell.
- The Successive Wholebody Focusing Training Courses held in Shanghai, China from 2014~2016 by Karen Whalen.
- The 25th International Focusing Conference held in Switzerland in May, 2013.
- The Advanced seminar of Focusing-Oriented Therapy held in Shenzhen, China from 03/04/2016~03/06/2016 by Akira Ikemi.

I also took part in some seminar or workshop as a partner or teaching assistant below:

- The 26th International Focusing Conference held in UK in July, 2016. As a partner.
- Wholebody Focusing Workshop in Shenzhen, China, from 09/12/2016~10/12/2016. As a TA.
- Focusing-Oriented Therapy and Complex Trauma Certificate Program held in Shanghai,China, from 2017~2019 by Shaun Phillips and Alexis Phillips. As a TA.
- The Successive Wholebody Focusing Training Courses held in Shanghai, China from 2018~2020 by Karen Whalen. As a TA.