

MANITOBA ASSOCIATION FOR FOCUSING AND BIO-SPRITUALITY

FOCUSING TEACHING CURRICULUM* (two pages)

A five-level curriculum is designed to take the participants from beginning Focusing to advanced listening/guiding. The six-step process of Focusing can be done alone or together with another person. To attend Levels II – V, the previous level has to be completed. – The Focusing Trainers of the Manitoba Association in consultation with the Focusing Coordinator and Therapist will determine when the student is sufficiently familiar with the Focusing process to receive Certification as Trainer.

Although Focusing can have a very therapeutic effect, Focusing is not Therapy, and is no substitute for such. As deeper personal issues come up during the training period, additional personal work with a Focusing Therapist is recommended.

All workshops are taught on an experiential basis. Focusing is learned mostly through practicing in small groups that allow for individual attention. An atmosphere of safety and a climate of caring acceptance and willingness to listen and allow the body wisdom to emerge are essential for this process.

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LEVEL I – Focusing and Beginning Emphatic Listening

(Four 3-hour sessions)

Introduction to Focusing and emphatic listening: Focusing attitude, bodily felt sense, the six steps, Focusing partnerships.

Objectives:

- Beginning your inward journey
- Emphatic listening to yourself and others
- How not to feel overwhelmed by problems and helping others in this
- Introduction to recognize an inner critic

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Level II – Focusing, Intermediate Emphatic Listening and Beginning Guiding

(Four 3-hour sessions)

Review of Focusing and beginning listening. Intermediate emphatic listening skills and beginning guiding skills. Work in pairs with coached supervision. Partnership skills enhanced.

Objectives:

- Facilitating the Focusing/Listening process of another person, including how to find a felt sense and move through stuck places.
- Dealing with the inner critic, the negative voice that impedes growth
- Helping clients and others gain a friendly attitude toward their inner experience
- Listening for and encouraging the new life that grows through Focusing

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Cont.

Psychology

Level III – Focusing, Advanced Empathic Listening and Intermediate Guiding

A highly experiential workshop, taught in small groups, that can be repeated as many times as you choose to gain a general proficiency. This includes introduction to coaching other students.

Objectives:

- Expanding and fine-tuning your listening/guiding skills
- Receiving direct feedback from the Focuser in a gentle and safe environment
- Becoming aware of the subtleties involved in working with others

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Level IV – Practicum – The Coached Model of Teaching/Learning

Advanced listening/guiding skills. Introduction to Interactive Focusing. How to carry Focusing into the world: resolving conflicts, strengthening self confidence.

Objectives:

- Advanced empathic listening to yourself and others
- Advanced guiding, especially assisting the Focuser to get the process “unstuck”
- Giving feedback to your listener
- Coaching others in empathic listening and guiding
- How to handle conflict situations both for yourself and in helping others
- Empowering the self to deal with problematic issues

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Level V – Practicum – Learning to Teach

Advanced listening/guiding skills. Teaching others the Focusing listening/guiding skills. Using Focusing and listening/guiding in your relationships, at work, and in the world at large.

Objectives:

- Teaching Focusing and empathic listening/guiding to individuals and groups
- Designing your own teaching program
- Dealing with difficult situations in ways that value the inner process
- Applying your skills to personal and professional relationships
- Teaching by giving and receiving feedback

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Other Programs

Participation in other Focusing related Workshops, i.e. Focusing with the Inner Child, Focusing with Dreams, Interactional Focusing, Focusing and Health, will be evaluated towards credit in Level I, II, and III.

*Note: Credit to the International Focusing Institute

Recommended Reading:

Gendlin, E.T. *Focusing*. Bantam, 1980

McMahon, Edwin M. *Beyond the Myth of Dominance*. Sheed and Ward, 1993

MANITOBA ASSOCIATION FOR FOCUSING AND BIO-SPIRITUALITY

BASIC FOCUSING CURRICULUM (outline attached)

This curriculum is based on the Focusing Institute suggested outline towards certification. Level I and II are prerequisites for the following level courses. For other Focusing related Courses knowledge of Level I and II is desirable but not required.

After level I and II, participants may elect to continue their training. The time frame for completing level III to V varies (i.e. previous counselling experience, attendance at other workshops, individual training sessions)

Some participants become trainers-in-training towards certification, others want to use the skill in their professions without certification.

Trainers-in-Training participate in ongoing level courses.

Certified Trainers design their classes using the suggested outline, referring certification candidates for advanced teaching to a coordinator. Readiness is determined on an individual basis.

I place a strong emphasis on individual Focusing based Therapy sessions in addition to basic training.

Level III to V teaching "happens" frequently during Focusing related courses with emphasis on a particular topic.



FOCUSING RELATED COURSES

The following courses are offered as weekend (10 hour teaching) workshops or 2 1/2 hours once a week for 4 weeks.

FOCUSING AND DREAMS

Resource: Gendlin, Let Your Body Interpret Your Dreams, 1986
and various other dream books

Psychology

FOCUSING AND THE INNER CHILD

Resource: Jal Stone & Sidar Winkelman, Embracing our Selves, 1989
Jeremiah Abrams, ed. Reclaiming the Inner Child, 1990
John Bradshaw books

FOCUSING IN HEALTH AND HEALING

Resource: Deepak Chopra books cont.

FOCUSING IN PROBLEM SOLVING AND CONFLICT RESOLUTION

Resource: The Community Conflict Resolution Training Manual , Community Board
Program, 1984
Dudley Weeks, The Eight Essential Steps to Conflict Resolution, 1994
various other notes from related workshops

FOCUSING FOR PERSONAL GROWTH AND STRESS REDUCTION

FOCUSING AND CREATIVITY

BIO-SPIRITUALITY AND FOCUSING

Resource: Bio-Spirituality Training Manual
Ed. McMahon Beyond the Myth of Dominance

INTERACTIONAL FOCUSING

I developed this approach over several years. Credit for some of the structure goes to the International Symposium on Interactive Focusing, Alaska, Workshop Notes.



OTHER COURSES not "labelled" Focusing, but with Focusing included

DISCOVER AND DEVELOP YOUR FULL POTENTIAL

HOW TO LIVE INTO YOUR FULLER POTENTIAL

SYMBOLIC JOURNEY INTO YOUR SELF

JOURNEY INTO YOUR DREAMS

EFFECTIVE INTERPERSONAL COMMUNICATION

WORKING WITH YOUR PERSONAL SYMBOLS

EMPOWERMENT AND HEALTH THROUGH FOCUSING AWARENESS

