TRAINING PROGRAM FOR BECOMING A CERTIFIED FOCUSING TRAINER & Focusing Oriented Psychotherapist (for psychologists, psychiatrists and counselors).

Sergio Lara in collaboration with the Focusing Institute (in New York), offers a training program for becoming a Certified Focusing Trainer & Focusing Oriented Psychotherapist (for psychologists or psychiatrists).

Team of teachers: Michele Dufey, MA (psychologist), Patricia Acuña (psychologist), Mónica Steinberg (psychologist), Maria Eliana Rojas (counselor). Others teachers will be invited.

Curriculum:

1) **Theoretical part.** In depth study of philosophical and epistemological knowledge related to the experiential psychotherapy (relationship) approach. In depth study of the theoretical principles proposed by Rogers and Gendlin. Epistemological and philosophical foundations. Experiential paradigm and experiencing.

   2. **Practical part**
      i. **Empathy training.** Active listening. Recognising emotion. Recognising felt meaning. Empathic responding.

   PHASE 1 — 6 months.
   (2 blocks of 2 hours, a workshop per month, training in pairs per week, Total: 95 hours)

   This first phase wants to show the epistemological and philosophical foundations of the new paradigm and the way of the experiential psychotherapy. These topics are discussed. The practical work introduces in Focusing, after the approach to the empathy training.

2) **Theoretical part.** Review the theoretical foundations underlying intervention techniques used especially in experiential psychotherapy. Discussion of topics about the practical part.

2. **Practical part**
   i.- Recognise what sort of interventions facilitate or interfere with the working process /therapeutic process. training experiential interventions in psychotherapy.
   ii.- Develop skills to manage emerging difficulties in the therapeutic process.
   iii.-Develop experiential listening.
   iv.-Process centered psychotherapy versus content centered.
   v.- Focusing and its variants.
   vi.-Training therapeutic techniques to support focusing: reflecting, sounds, evocation, relaxation.

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1 Training Program for Becoming a Certified Focusing Trainer[Focusing Oriented Psychotherapist] It must be done the Bachelor Graduate (psychologists, psychiatrists and persons who are in professional relationship like coaches or counselors). Training for becoming a Certified Focusing Trainer is recommended for any one, previous interview, they do the tree first phases and others courses that one offers.
vii.- Dead ends / frozen wholes and process diagnosis

**PHASE 2 — 6 months.**
*(2 blocks of 2 hours, a workshop per month, training in pairs per week, Total: 95 hrs)*

The second phase looks at the difficulties in the focusing process, what interferes, and how to develop skills for experiential listening, supporting focusing and deal with frozen wholes.

3) **Theoretical & practical part.**
   i.- Guiding others in Focusing as the route to using focusing in psychotherapy. The natural entry of focusing into psychotherapy.
   ii.- Teaching Focusing to 1 person.
   iii.- Alba emoting & Focusing (emotional approach)
   iv.- Interactive Focusing (Janett Klein)
   vi.- Interactive Focusing couching

**PHASE 3 — 6 months.**
*(2 blocks of 2 hours, a workshop per month, training in pairs per week, client attending & supervision, Total: 125 hrs)*

The supervision is introduced to facilitate the integration of Focusing Oriented Psychotherapy throughout this phase and the work in focusing one person or more with. Other techniques like Alba emoting help increasing the psychotherapeutic work.

4) **Theoretical & Practical part**

Focusing Oriented Psychotherapy (FOT). The emphasis is in the clinical aspects of Psychotherapy: study of cases, symptoms, particular situations, etc.

(a) Orientations
   (i) self psychology
   (ii) existential psychotherapy
   (iii) body centered psychotherapy
   (iv) psychology & spirituality
   (v) transpersonal psychotherapy

(b) Modalities that are like introduction to the topics
   (i) group therapy
   (ii) marriage therapy
   (iii) family therapy
   (iv) child therapy

(c) Specific issues
   (i) Cáncer
   (ii) Trauma

(d) Dreams

**PHASE 4 — 6 months.**
*(2 blocks of 2 hours, a workshop per month, training in pairs per week, client attending & supervision, Total: 140 hrs)*

Selected themes, readings, practice with clients and supervision facilitates the integration of Focusing Oriented Psychotherapy throughout this phase. Now with the skill of guiding we can develop focusing in specific modalities, in special application.

**Summary of Hours of Certification Program:** 455 hrs