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TRAINING PROGRAM FOR BECOMING A CERTIFIED FOCUSING TRAINER & Focusing Oriented Psychotherapist (for psychologists, psychaytrists 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 psychaytrists). ¹Lara is a Certifying Coordinator for the Institute.

Facilitator: Sergio Lara. Psychologist, PhD(c), *Teacher of Psychology and Psychotherapy, Graduate and Undergraduate, in University of Chile and University of Desarrollo. Founder and Director of Institute IFDI (Humanistic-Transpersonal Integral Development Education Institute). Alba emoting Certified (Certified by Susana Bloch Author of the Method). Activ member of SPR (Society Psychotherapy Research). Wushu Instructor. Centering prayer Instructor (meditation and Lectio Divina), Hipnotherapist Clinical Hipnosis Certified. Magnified Healing Instructor. Akashic Record Consultants International. Bach Flower therapist*

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

Curriculum:

1) **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.

ii.-Focusing training. Gendlin's Training Modell. Focusing Partnership. Self-guiding. Focusing Oriented Listening, Maintaining the relationship. Lee's Training Modell.

iii.-Experiential work. Mini focusing versus round focusing. Recognising the focusing state. Recognising symbols. In process conversation. Access and maintenance of zig-zag thinking. Managing the client's internal therapist

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) **1.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.

¹ **Training Program for Becoming a Certified Focusing Trainer[Focusing Oriented Psychotherapist] It must be done the Bachelor Graduate (psychologists, psychaytrists and persons who are in professional relationship like coaches or counselors). Training for becoming a Certified Focusing Trainer is recomended 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)
- iii.- Interactive Focusing (Janett Klein)
- iv.- Interactive Focusing in problems resolution.
- 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 tecnicas like Alba emoting helps 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