

**DOMAIN FOCUSING**  
**Course for Certification as a Focusing Trainer**

By  
Suzanne L. Noël, CFT, CNT

**I. Making Sense of Living: Safe Companionship Within and Without Felt Sensing and Felt Listening**

Stand Alone Course in Domain Focusing Partnership or first year toward certification.

Course includes monthly 2.5 hour teleconference workshops; weekly focusing/listening partnership exchanges; monthly one-on-one coaching with me (replaced every few months with 2 person: 1.5 hour Supervision and/or Group Changes Meetings); readings from my *Making Sense of Living* manual on Domain Focusing Partnership, video clips, and writings by other Focusing authors, including Eugene Gendlin, Robert Lee, Ann Weisser Cornel, Rob Foxcroft, and, finally, poetry.

**Workshops:**

1. Making Sense of Living: Symbolizing Felt experience (and Domain Focusing)
2. Felt Listening: The Keys to Safe Listening
3. Making Space for Aliveness: Uncrowding Our Attention
4. The Feel of Compassion: Companionship with Self Empathy
5. Bodily-felt Awareness: More About Felt Sensing
6. Unsticking our process: Linking, Shifting, and Embracing
7. Felt Companionship: Deepening & Carrying Forward Together
8. Felt Thinking
9. Resourcing: Finding Our Own Right Sense of Safety
10. Closing our Sessions and Moving Forward Safely
11. CLOSING WORKSHOP: All This About Focusing

“Proficiency in Focusing Partnership” Document.

**II. Passing It On: Teaching and Facilitating Meaning Making**

Advanced Course for Certification as a Focusing Trainer

Prerequisite:

*Proficiency Focusing Partnership* (PFP) Document  
Membership Focusing Institute as a Trainer in Training.  
PFP from other style of Focusing, Four Domain Focusing sessions.

1. Welcome Workshop  
Domain Focusing, Group Processing Safety
2. Interactive Focusing

3. Living Forward: Acting Into Situations
4. Advanced Felt Listening
5. Conflict Resolution
6. Domain Focusing: Guiding in Phases of Focusing  
     Either two 2.5 Hour workshops or five-week course
7. Working With Difficult Issues (Review)
8. Elusive Felt Sensing and Story Tellers
9. Teaching and Guiding
10. Facilitating Groups
11. Mini weekly workshops (or Recovery Focusing Course):

The Relational Aspect of Focusing  
 Schools of Focusing (?)  
 Whole Body Focusing  
 The Philosophy of the Implicit  
 Focusing & the Body (Pain)

12. Projects for Living  
     Five week course
13. Closing Workshop

Course readings:

Suzanne L. Noel, *Guidelines for Felt Partnership*  
 Gendlin, *The body's releasing steps in experiential process*

Janet Klein, *Interactive Focusing*  
 Gendlin: *The Small Steps of the Therapy Process*

Suzanne Noel, *Living Forward (Acting Into New Thinking)*

Supplemental (Optional) Readings:

Atsmaout, Perlstein, *A Seventh Step*  
 Halm, Katarina, *Attuning to Natural Process Action Steps*

Suzanne Noel, *Felt Listening*  
 Gendlin, *The Client's Client*  
 Robert Lee, *Listening in Focusing Partnership*

Optional Readings:

Nada Lou, *Experiential Listening*  
 Ann Weiser Cornel, *The Power of Listening*

Noel, Suzanne, *Focusing Oriented Conflict Resolution*

Supplemental Readings:

McGuire, Kathleen, *Interpersonal Focusing*

Perlstein, Atsmaout, *Conflict Resolution* (?)

Suzanne L. Noël, *Domain Focusing and Phases of Focusing*

Suzanne L. Noël, *Felt Sensed Guiding*

Review, Suzanne Noel, *Finding Our Own Right Sense of Safety*

Suzanne Noel, *Moves that Welcome Felt Sensing*

Review: Domain *Focusing Self Guiding Form*

Suzanne L. Noel *H.O.W. We Heal* Document

Suzanne Noel, *Moving Forward: Finding Our Right Way of Being with Our Work*

Lynn Preston, *THE EDGE OF AWARENESS*

Lynn Preston, *Two Interwoven Miracles*

Gendlin, *Implicit Precision*

McEvenue, *Whole Body Focusing & Fleisch, Right in Their Hands*

Final Reading: Gendlin, *A Theory of Personality Change*

**Final requirements for Certification:**

- ***Macroshifting: Changing the Unchangeable*** course or retreat With Robert Lee
- **Certification Fee for final Certification as a Focusing Training (The Focusing Institute)**

---

**Note: This course description is subject to modification**

---

For **Recovery Focusing Practitioner** Certification:

A three-month course in ***Recovery Focusing*** may replace workshops 8, 9, and 10.

During these three months, students will also participate in a 12 step meeting of their choice, once a week; and will be required to read relevant 12 Step literature.

Students will be Certified as Focusing Trainers with an emphasis on Recovery Focusing.

---

I am considering developing a Practitioner Program for facilitating *H.O.W. We Heal* support groups.

