

## **Focusing Resources Certification as an Inner Relationship Focusing Professional**

### **Program Prerequisite**

Completion of Level Four Inner Relationship Focusing (IRF) Training.

Application approved by the Training Coordinator.

### **In Our Two-Year Comprehensive Certification Program You Will**

- Deepen your understanding of change processes and be able to translate that self-understanding into your work with clients
- Learn to deeply listen to yourself, your clients and the life unfolding around you
- Develop the inner and outer tools to establish yourself as a Focusing Professional
- Actively participate in a consistent community of peers and fellow professionals, hopefully forming lifelong friendships and even professional collaborations
- Learn to create a clear heart-based marketing strategy to help you thrive in your Focusing practice
- Engage both the theory and praxis of Focusing in order to bring Focusing into your professional life in a holistic, integrated and alive way

### **What you'll be able to do**

At the end of the program we expect you will be able to:

- Provide one-to-one Focusing sessions at a professional level, including introducing Focusing to someone who has never done it before.
- Create and teach classes and workshops in Focusing.
- Offer guided group exercises and attunements to bring Focusing into various group settings, including workshops on other topics.
- Communicate successfully about Focusing and your work in conversations, in public settings, and in marketing materials.

### **Program Components**

- Three self-assessment sessions (both Mentors present, can be by phone or Skype).
- 24 ninety minute classes in Year One
- 20 ninety minute classes in Year Two
- Partnership with other program participants - for Focusing, for consultative support on sessions, for teaching and marketing, for other kinds of peer support
- Nine Focusing sessions for yourself, three with the Primary Mentor and six with the Co-Mentor.
- Doing at least 50 one-to-one practice sessions, receiving feedback on these.
- Assisting with Focusing Resources Levels 1-4 classes.
- When assisting, half an hour extra class time with Lucinda Hayden (with other assistants) before and after each class (5 hours total), each time Level One is taught.
- The Focusing Teacher's Manual
- Taking Ann's Demonstrations of Facilitating Focusing class at least once, with the option to repeat as often as it is offered during the training
- The Guiding New People 3-day training in person.
- The Treasure Maps to the Soul retreat.
- Designing, marketing, carrying out, and reporting on teaching a Level One Focusing class or workshop.
- Being observed taking a new person through Focusing.
- Creating and carrying out a Focusing Project.

### **Year One 24-week Curriculum includes:**

- Accompanying a Focusing process as a professional.
- Empathic prompting, spotting felt sense moments, framing the issue.
- How to give and receive consultative support on sessions.
- Good boundaries, protecting time and energy.
- Getting started in offering Focusing sessions.

- How to give someone their first Focusing session: the conversation before the session, identifying and framing the issue, dealing with silence, helping with difficulties, suggestions for what to say after the ending, other issues about ending.
- What a felt sense is, and how it differs from a body sensation, or a part. What sets Focusing apart from any other method. What makes Focusing work.  
Structuring Focusing training for groups.
- Offering Focusing exercises and attunements.
- Responding to questions asked in classes with both empathy and helpful information.
- Holding group energy, group process.
- How to work with the Maestroconference interface to conduct groups.
- Differences between offering groups on the phone and groups in person.
- Identifying and getting in touch with your own purpose and passion (for teaching Focusing but not only that)
- How to communicate about Focusing and your work. An approach to "marketing" that is based on empathizing with the problems and issues of potential clients.  
Introduction to giving talks or writing articles on Focusing and your unique approach.
- Introduction to creating staying-in-touch communication methods (like email newsletters) for the people who contact you.
- Introduction to creating intro talks and short workshops to introduce your work.  
What Focusing teachers and practitioners need to know about Gendlin's philosophy.

**Year Two 20-week Curriculum includes:**

- Deepening and practicing compassionate and safe feedback processes - on doing sessions, on doing attunements and exercises, on marketing materials
- Understanding the role of Focusing practitioner compared with therapy, coaching, and Focusing partnership.
- Legal issues and ethical issues. When and how to refer someone to another professional.
- Considerations around charging money for sessions and classes.
- Continued hands-on practice with Maestro Conference for running phone groups/classes
- Working with Groups in a Peer Setting
- Hands-on Leadership Practice Facilitation Guidelines & Scheduling
- Ongoing Support with Peers for:
  - Developing your certification project with group support
  - Working with One-to-One Clients Teaching Groups Facilitating Focusing Processes

[http://www.focusingresources.com/irf/focusing\\_teacher\\_training\\_and\\_support.htm](http://www.focusingresources.com/irf/focusing_teacher_training_and_support.htm)