

Focusing Practitioner Programme

The Focusing Practitioner programme will support you to deepen your experience and skills in Focusing. The practitioner certificate will enable you to introduce a new people to Focusing and offer one to one focusing sessions to individuals. It will also enable you to use Focusing in your current field of work.

The journey is an individual one and so the course is flexible to meet your needs. You need to navigate your way through and ensure you have the right opportunities to develop your Focusing and your ability to support others through Focusing. It will typically take 1 to 2 years. You will journey on from the skills certificate and start to explore how Focusing unfolds in other people and how you can support them to learn Focusing.

I will support you as a mentor and you will also be assigned a second mentor so you experience another person's support. Mentoring sessions will be an opportunity for you to use Focusing to explore your development as a practitioner and sense for the next step forward in your learning programme.

The programme will be tailored to meet your needs but it will typically include:

- Attending the 5 levels of Focusing again and reflecting on these as a practitioner in training
- Maintaining a regular Focusing partnership
- Attending additional courses such as Dreams, Wholebody Focusing, meditative listening, Children Focusing, Movement and Focusing, Treasure maps to the soul, etc.
- Attending training with other trainers
- Undertaking a written project on a topic of your choice
- Introducing 2 new people to Focusing and having feedback on a taped transcript of these session
- Attending practitioner workshops
- Having regular mentoring sessions with me as your primary mentor and at least 3 sessions with your secondary mentor

Skills you need to acquire during the programme are being able to:

- Introduce a Focusing session to a new person
- Support someone to sense inside
- Support someone to get into contact with what they are experiencing,
- Hold the space for a person
- Let the person you are supporting know you are with them on the journey
- Support someone to notice when something might open
- Become confident and fluent in the process,
- Accompany people in Focusing with empathic, compassionate listening. A gentle but active companionship with the person.
- Help people approach their inner places without agenda, without having a goal and without judgement,
- Know how to support someone to nurture their relationship with their inner world.
- Become fluent in listening to your felt sense and guiding your own process in Focusing

Jerry Conway - November 2013