



Practitioner Programme

- ◀ *Focusing in depth* ▶
- ◀ *special applications of Focusing* ▶
- ◀ *introducing new people to Focusing* ▶
- ◀ *applying Focusing in a setting of your choice* ▶
- ◀ *gain the BFTA Practitioner certificate* ▶

Designed to be practical, stimulating and enjoyable, the Practitioner Programme is for those who want to delve more deeply into the practice of Focusing and listening, and to gain confidence and competence using these skills in a one to one setting. You may want to apply Focusing in a particular context, such as counselling, therapy, complementary medicine, consultancy, coaching, spiritual practice etc. – or you may simply wish to develop your skills and enjoy Focusing in life, the universe and for yourself. The PP is a modular course based on a self-directed style of learning, and is backed up with generous support from myself. It takes at least a year to work your way through it.

Graduates of the PP receive the BFTA (British Focusing Teachers Association) Focusing Practitioner Certificate, which supports you in offering individual guided Focusing sessions on a professional basis, and allows you to join BFTA as a BFTA Recognised Focusing Practitioner. If you wish to train to teach Focusing to groups, you can then embark on a Teacher Training course – but you don't have to want to teach Focusing to do the PP.

The course is flexible to accommodate personal interests and circumstances, and can be followed in a group or individual format. It includes the following main elements:-

- ❖ the regular practice of Focusing and listening in a partnership or a group
- ❖ a practical project where you apply Focusing in a setting that particularly interests you
- ❖ the experience of introducing Focusing to new people
- ❖ five workshops: *Focusing in Helping Relationships, Focusing & Dreams, Adventures in Thinking, Let Your Body Make Your Mind Up, and Focusing & The World*
- ❖ re-visiting the learning process on an introductory workshop and a Focusing Skills workshop
- ❖ experiencing how another Focusing teacher presents Focusing, listening and guiding
- ❖ doing some writing on your project, your understanding of Focusing and your practice of it
- ❖ regular mentoring sessions for support and supervision, in person or on the phone
- ❖ some sessions with another teacher acting as a 'second mentor'

In addition, I recommend practicing Focusing on your own, reading the literature and studying some videos or DVDs, getting involved in the Focusing community and following other interests around Focusing.

To start the programme, you need to hold the BFTA Focusing Skills Certificate or have completed the 10 days of initial training with a recognised teacher (or teachers) that would make you eligible for it; and you need my agreement. Successful completion of the programme involves both your assessment and mine of your readiness to become a 'Focusing Practitioner'.

Current course fees, which are normally paid in instalments, are available on request. PP groups often start in late autumn, but the timing can be flexible to suit individual circumstances. If you are interested, please let me know: I will be happy to send you a more detailed information sheet and an application form.

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