



Teacher Training

- ◀ *learn to teach Focusing to groups* ▶
- ◀ *practice teaching with mentoring support* ▶
- ◀ *gain the BFTA Focusing Teacher certificate* ▶
- ◀ *prepare yourself to create richly rewarding work!* ▶

If you have found Focusing of real value in your own life and if you have enjoyed becoming a Focusing Practitioner, you may be attracted to the idea of going a step further and teaching this wonderful practice to groups. If this is the case, this course may be just what you are looking for to help you bring your dreams to reality.

Teaching the delights of Focusing in a group setting offers profound satisfaction and real challenges. It's also an opportunity to explore the practice and ideas underlying it to a depth that can only be reached by imparting it to other people. You may be thinking of teaching Focusing through your own programme of workshops, or you may have a setting that is already established in which you have the opportunity to teach it – such as adult education courses, university courses, therapy trainings, spiritual groups etc.

The TT course is based on practical teaching work that you organise for yourself, with guidance and support from myself. There is input on the following areas:-

- ❖ course design
- ❖ group facilitation and group process
- ❖ teaching methods and skills
- ❖ course materials
- ❖ issues specific to teaching Focusing
- ❖ learning from experience
- ❖ marketing
- ❖ business planning and admin
- ❖ ethics

and it comprises the following main elements:-

- ❖ your own practice of Focusing
- ❖ assisting me on some further intro and Skills workshops
- ❖ one day seminars, or individual tutorials, on the above topics
- ❖ planning and teaching a number of your own courses, and reflecting on them
- ❖ mentoring sessions with myself
- ❖ mentoring sessions with another Focusing teacher, a 'secondary mentor'
- ❖ experience of another teacher's approach
- ❖ a written piece on your experience of teaching

To start the TT, you need to have a BFTA Practitioner certificate or a Focusing Institute Trainer certificate – or be eligible for one of these. You also need to have a means of teaching Focusing available to you. Successful completion of the course involves both your assessment and mine, and that of your secondary mentor, of your readiness to become a qualified Focusing teacher. You will then receive the BFTA Focusing Teacher certificate and be able to join BFTA if you have not already done so.

The course will usually take between one and two years to complete, and the fees are available on request. Joining and starting it are by personal agreement with myself. If you are interested, please let me know: I can send you a more detailed information sheet and an application form.

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