

# Focusing Skills Certificate

The Focusing skills certificate is a complete and thorough foundation course in the art and skills of Focusing and Listening. This comprises of ten days of experiential learning (or the equivalent number of hours) The emphasis of the course is using Focusing with oneself. The course can be covered through weekends, course or one to one learning. Each workshop covers a theme and there is some flexibility with the order in which they are taken. More details on each weekend is found below. Completing the certificate enables you to apply for further professional training.

## Introductory workshop or course

These events offer an introduction to the basics of Focusing and Listening. Topics covered include: Developing the key qualities of curiosity, interest and inner kindness, Being safe and respectful with yourself and others in Focusing, the steps of the Focusing journey, developing self-compassion, practising focusing on your own and practising Focusing with someone else



## Workshop 2 - A companion on the journey - listening skills

The essence of this workshop is exploring the role of the listening or companion in Focusing and learning how we can support the focuser with supportive and sensitive listening. Skills and topics include: Sensitive Listening, working with images, gestures and parts. Supporting contact with the felt sense, deepening Facilitative Language, how the body speaks



## Workshop 3 - A helping hand - guiding skills

This workshop introduces the skills of Guiding or reminding. Here the companion learns how to offer suggestions that deeply and safely support the Focusing process. Some of the skills we cover include; Self-Guiding, guiding principles, how and when to offer suggestions. helping the focuser stay present and deeper Listening



## Workshop 4 - Untangling the knots

What happens when we hit something difficult to blocked in Focusing? This workshop is all about that inevitable moment! We will explore the territory of tangled and blocked areas. Topics covered include: Developing grounding and safety, inner visitors and guests in Focusing, dynamics of the inner world, deeper guiding skills, meeting critical and protective parts.



## Workshop 5 - The path to wholeness

On this final workshop we will explore themes that bring the whole series together. How is Focusing is a path to integration and "wholeness? How come we become split off and divided or tangled? We will explore some of the theory of Focusing and will take some time to explore and play with using Focusing with more uplifting themes such as Spirituality or poetry and art.

