

The Focusing Network FN

Certification Training as „Focusing BegleiterIn FN“¹

Certification Training as “Focusing TrainerIn FN”

Certification Training as “Focusing AusbilderIn FN”

Our organisation offers a qualified comprehensive training program with certification as “Focusing Begleiter”, “Focusing Trainer” and “Focusing Ausbilder” (Focusing Teacher). The training programs fit to the international standards of the International Focusing Institute New York TFI. Our focusing trainings take place during the Focusing Network’s Weeks at Achberg (“Focusing Wochen Achberg”) and as local trainings by Focusing Network Teachers at different places in Germany and Switzerland.

The Focusing Network is a cooperating partner of The Focusing Institute New York TFI (www.focusing.org). Some of our teachers are certified coordinators and thereby stay in contact with scientific and personal developments of the Experiential Approach.

1. Certification as a “ Focusing Begleiter FN”

The certification training includes:

- Four basic workshops (focusing levels I-IV) as follow-up with 32 lessons each.
- One focusing encounter workshop
- Focusing partnership, 10 sessions each as focuser and focusing companion
- studying and discussing relevant Focusing literature.

The students finish the certification training as “Focusing Begleiter FN”.

If indicated the training can be supplemented by individual focusing supervision.

1.1. Seminars for becoming a certified “Focusing Begleiter”

Focusing I – Focusing basic

The main purpose of this course is to experience Focusing as encounter. Basic faculties are learned such as listening in awareness, relating to the inner sensing and experiencing, asking and corresponding to the focusing process. The basics of the focusing theory become familiar to the participants.

¹ „BegleiterIn“, „TrainerIn“, „AusbilderIn“: Addressing male and female persons. The male spelling will be found in the text passages for reasons of better reading. FN stands for short form of “Focusing Network”.

Focusing II – Focusing guidance

The capability to be a companion to focusers is trained in single units that didactically relate to each other: bodily tuning inside, starting a focusing process, (re)creating an inner open space, knowing how to handle inner critics, changing of modalities.

After Focusing II focusing partnerships can be started.

Focusing III – Focusing processing

The focusing process as a whole and its carrying forward is the special topic of this course. How to access, start and finish a process is taught and learned as well as the competence to experience and reflect the temporary phases of the process. The students learn to cope with stoppages and frozen wholes in a reasonable manner. They train to be in touch with the inner-relation-focusing of the focuser and the interrelation between focuser and focusing companion.

Focusing IV – Focusing integration

In this course the dynamics of the various sequences of the focusing process come into focus while the students are focusing companions for each other, same companion for one focuser through out the whole course. Supervision of the focusing style takes place in life settings, group settings and by videos. The students come to know their own specific focusing style and learn to pay attention to their personal focusing attitude. They reflect the structure bound parts of themselves and their narrowings and learn to focus on their resources and preferences. At the end of the course the meaningfulness of focusing for daily work and living is reflected.

Times of intervals between the four courses are recommended.

Focusing Encounter

This course can be taken at any time of the training program, dealing with any self-exploring subject no matter. Focusing and its specific relevance as method in comparison to other methods of encountering become clearly to be seen while a single topic of life is focused on.

1.2. Focusing Partnership

Two students work together as a team, sharing their focusing experiences. This companionship can be set up with a special focusing partner as a tandem or can take place in a group of students meeting regularly. Each student trains himself in 10 hours as focusing companion and 10 hours as focuser.

1.3. Focusing literature

Studying focusing literature is conclusive to understand the basics of focusing and its specifications, its fields of practise and its different theoretical backgrounds. This self educational part of the training program supplements with the training seminars.

Books, articles and documents about focusing are to be found at the website of the Focusing Network (<http://www.focusing-network.de>), at the website of GFK

(<http://www.gfk-institut.ch>), at the website of the The Focusing Institute New York TFI (<http://www.focusing.org>) and at the website of Ann Weiser Cornell (<http://www.focusing-resources.com>).

1.4. Getting certified

Having finished the trainee program students are handed over the certification document as “Focusing Begleiter” for fee. The certification entitles to offer focusing in one-to-one settings. Focusing Begleiter usually stay as peers in the Focusing Network.

2. Certification Training as a “Focusing Trainer FN”

This certification training addresses to focusing people who want to give trainings in focusing as method to single persons or groups. Interest in didactics of focusing and talents to teach and train are asked for. The training program is adapted to the personal needs of the students being individually supervised by focusing teachers of the network.

Requirements:

- Certified “Focusing Begleiter”
- 1 workshop “trainer`s training”
- a 2nd trainer workshop (16 lessons) or 8 hours of individual local supervision by a member of the Focusing Network teacher’s team
- A training or teaching project on one’s own

Having finished the training program it is possible to be certified by The Focusing Institute New York and its certified coordinators as “Cert. Focusing Professional TFI”.

2.1. Seminars for becoming a certified “Focusing Trainer”

The training seminars take place once a year at the Focusing Networks Weeks at Achberg or local. They enable students to develop focusing exercises, practices and didactics that fit to various training situations and to their individual skills. During the seminars the students are free to focus on their individual field of work and their personal aims and ambitions on prospect of future focusing trainings they want to offer. They are encouraged to demonstrate focusing teaching units on their own for been supervised and getting feedback from their seminar colleagues and teachers.

Individual supervision and follow-ups in focusing training are possible and offered by the Focusing Network’s teachers.

2.2 Getting certified

Having finished the certification training the students are handed over the certification document “Focusing Trainer FN” for free. If wanted they can be nominated to the certification process of the Focusing Institute New York for becoming a “Certified Focusing Professional TFI”. For more information please contact the certifying coordinators of The Focusing Institute New York listed on our website (<http://www.focusing-netzwerk.de>) or the Focusing Network’s office, see 4.

Certified Focusing Trainers FN are entitled to offer Focusing trainings. Focusing Trainers FN usually stay in contact with the Focusing Network. Their continuing learning process goes on either in trainings by Focusing Network’s peer groups or by self-studying.

3. Certification training as a “Focusing Ausbilder FN”

Certified Focusing Trainers FN, usually psychotherapists, can submit their application for becoming a Focusing Network Teacher. As tutors and co-trainers they are trained to teach all levels of the Focusing basic courses and focusing encounter seminars in order to design and practise complete focusing series or year-long on their own. Being nominated by at least two mentors of the Focusing Network team” they can be accepted as regular Focusing Network teachers and members of the Engaged Focusing Networks Team (EMV) by vote.

For becoming a certified Focusing Network “Ausbilder/Teacher” an individual training is designed upon consultation. The minimum training includes:

- Certification as Focusing Trainer FN
- Two tutorials, covering focusing seminars at different levels with different focusing teachers
- Individual supervision on personal focusing projects can substitute one tutorial.

We recommend a personal teaching’s mentorship for individual learning and supervision. To find a personal mentor please have a look at our website or ask our Focusing Network secretary, see 4.

3.1. Getting certified

Having finished the certification training the certification document “Focusing Ausbilder FN” is handed over. The certification entitles focusing trainers to teach focusing seminars at the Focusing Network on every level, to offer complete focusing series and focusing year-long as a Focusing Network “knot” on their own, to supervise focusing students and to mentor tutorials.

If wanted certified Focusing “Ausbilder/Teachers” can be nominated to become a coordinator-in-training of The Focusing Institute New York by the current certifying coordinators. For further details please contact the certifying coordinators of the Focusing Institute New York listed on our website (<http://www.focusing-netzwerk.de>) or the Focusing Network’s office, see 4.

4. Information – address

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