

Four Levels Interactive Focusing Course To Be Proficiency as a Focusing Partner (PFP)

This course combines the essence of traditional and whole body focusing. The skills and steps taught can be used separately on its own or combined with other counselling or therapeutic modalities to bring more insights and transformation.

After taking the four levels of this interactive focusing course, participants can get the following benefits:

Personally:

- Get to start an inner journey to better understand self.
- Improve relationship with self.
- Increase sensitivity to body sensations.
- Comprehend message stem from wisdom of the body.
- Know the concrete needs of the body and able to take actions to take care of themselves.
- Be capable to differential, face, connect and overcome emotions or obstacles caused by past negative experiences.
- Can continuously move forward in life.
- Feel safe to be authentic and live the true self.
- Know the priority of the here-and-now moment.
- Improve coherence of different parts of self to align and work together harmoniously.

While interacting with others:

- Realize one's' relational pattern from partnership.
- Have more compassion for others and less reactive when being triggered.
- Attain better relationship with others.

Professionally as a counsellor or therapist:

- Can get information from the body wisdom and relational field as resonance with client.
- Able to minimize possibility of transference and countertransference.
- Provide more accurate reflection to clients to stimulate their change.
- Strike a better balance between taking care of the client as well as taking care of self.
- Enhance the use of self and other counselling or therapeutic modalities (e.g. AEDP and SE) to improve the process outcome.
- Can hold your sessions with less effort yet more effective.

Level One

September 21th, 2018 1400 – 1830
&
September 22nd, 2018 0930 – 1800

Content:

- An introduction to history of Focusing, Eugene Gendlin's foundational concept and his traditional 6 steps.
- Methods of grounding and mindfully connecting to our body; a mind-body connection approach.
- The essential Focusing Attitudes.
- Exploration of "felt sense" - core of Focusing.
- An introduction to the centrality of learning to 'be with' feelings rather than falling into them.
- Mode One listening - Make space for Focuser inside your own body, beware of the inner aliveness and resonation. Only offer limited and simple presencing sounds and words as a way to support the Focuser.

Prerequisite:

There are no prerequisite for this course.

Modes of Learning:

Each group will be no larger than 16 students. These workshops will be a mixture of didactic and experiential. Trainers will perform demonstrations and students will also experience the teachings through both group exercises and working in dyads together.

Students shall practice in pairs once a week for half an hour each as Focuser and Listener. Personal practice journal shall be kept as a progress report, only submit the summary before entering Level Two.

Level Two

October 26th, 2018 1400 – 1830
&
October 27th, 2018 0930 – 1800

Content:

- To begin to learn how to Clear a Space - the first of Gene's 6 steps. This practice is sensing your inner concerns and learning how to find the right distance from them - making room for yourself in relation to them without pushing them away or feeling overwhelmed by them.
- Introduction to Five body spaces – opening all senses to connect with oneself and partner, begin to form “we space”
- Explain the Inner directive movement
- Mode Two Listening - maintain mode one listening plus towards the end of the session, ask the Focuser, if she/he wishes to hear the words and information which came to the Listener, apparently connected to the Focuser's process.

Prerequisite:

Completion of Focusing Level One.

Modes of Learning:

Each group will be no larger than 16 students. These workshops will be a mixture of didactic and experiential. Trainers will perform demonstrations and students will also experience the teachings through both group exercises and working in dyads together.

Students shall practice in pairs once a week for half an hour each as Focuser and Listener. Personal practice journal shall be kept as a progress report, only submit the summary before entering Level Three.

Level Three

November 23rd, 2018 1400 – 1830
&
November 24th, 2018 0930 – 1800

Content:

- Deepening the connection in Five body spaces – getting more information from “we space”. Extend the practice of grounding and get ready for rejection; re-examine coping patterns.
- To start to learn how to reflect the felt sense in a deep resonant way to help both yourself and other to move forward in new and surprising ways.
- Trust your body and bring your attention to what wants your awareness in the here-and-now.
- Mode three Listening - mode two plus during the Focuser’s processing pause, ask them whether they would like to hear what came for Listener about his/her impact from the process. With no agenda of any kind, allow the Focuser to resonate, or not, with your shared felt sense experiencing with words. Also allow the Focuser to choose to hear or to delay until their silent processing has completed.

Prerequisite:

Completion of Focusing Level Two.

Modes of Learning:

Each group will be no larger than 16 students. These workshops will be a mixture of didactic and experiential. Trainers will perform demonstrations and students will also experience the teachings through both group exercises and working in dyads together.

Students shall practice in pairs once a week for an hour each as Focuser and Listener. Personal practice journal shall be kept as a progress report, only submit the summary before entering Level Four.

Level Four

December 14th, 2018 1400 – 1830
&
December 15th, 2018 0930 – 1800

Content:

By now, all participants are expected to be capable of doing focusing by themselves and be a relatively sensitive listener. Aim of this last session is to further fine tune their skills and enable them to guide someone who knows nothing about focusing.

- Ways to guide a non-focuser
- Leading in - bringing awareness into the body
- More elaboration on how sending compassion, finding a felt sense or distant processing can be applied in therapy sessions.
- Facing challenges - how to overcome when there are resistance, difficulty in sensing the body, lost of felt sense or conflicting parts, etc..
- Ending a session - ways to bring more effect and integration
- Mode Four listening - Once there is a pause in the Focuser's process, the Listener can ask whether the Focuser wishes he/she to share from his/her own personal experiencing, something which comes forward around that.

Prerequisite:

Completion of Focusing Level Three.

1. **Certification:**
Reflection on given topics in 1000 words. (Chinese or English)
2. Upon completion of Level 4 of this training, attendance certificate shall be issued by agency
3. Certified trainers could recommend for PFP award; separate registration and certificate fee shall be collected by The International Focusing Institute.

About Certified Focusing Trainers

Mr. Joseph Sing Bio:

- Master in Counsellor (*UNE*)
- Registered Counsellor, Registered Clinical Supervisor (*APCPA*)
- Certified Focusing Trainer, Certified Coordinator in Training (*TIFI*)
- Certified Professional counsellor in Satir Growth Model (*GP*)
- Certified Hypnotherapist (*NGH*)
- Private practice for adults, couples with Focusing oriented therapy
- Over 10 years experience, counselling, supervising and training.

Ms. Fanny Ko Bio:

- Master in Social Work (*HKU*)
- Diploma in Adult Education and Training (*HKU: SPACE*)
- Registered Social Worker
- Somatic Experiencing® (*SE*) Practitioner
- Approved assistant, individual and case supervision provider for all 3 levels of SE training
- Certified Focusing Trainer by TIFI (USA)
- Completed level 1-3 Accelerated Experiential Dynamic Psychotherapy (*AEDP*) training
- Senior counselling consultant and trainer