

4th Four Levels Interactive Focusing Course To Be Proficiency as a Focusing Partner (PFP)

This course combines the essence of Classical, Children and WholeBody 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 clients.
- Find it a lot easier to attune with your clients.
- 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 to improve the process outcome.
- Can hold your sessions more effectively with your body wisdom.

Level One

2/12/2019, 10:00 – 17:30 (Mon)
&
9/12/2019, 10:00 – 17:30 (Mon)

Content:

- Introduce the history of Focusing, Eugene Gendlin's foundational concept and his Classical 6 steps.
- Introduce ways of grounding and mindfully connecting to our body; a mind-body connection approach.
- Introduce essential Focusing Attitudes.
- Exploration of "felt sense" - core of Focusing.
- Introduce 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 resonance. Only offer limited and simple presenting sounds and words as a way to support the Focuser.

Prerequisite:

There is no prerequisite for this course.

Modes of Learning:

Each group will be no larger than 14 students. Trainers will conduct mini-lectures, perform demonstrations and students will 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, submit the summary in early May before entering Level Two.

Level Two

6/1/2020, 10:00 – 17:30 (Mon)
&
13/1/2020, 10:00 – 17:30 (Mon)

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.
- Explore Five body spaces – opening all senses to connect with oneself and partner
- Explicate the Inner directive movements

Mode Two Listening - maintain connection to Focuser's process towards the end of the session, ask the Focuser, if she/he wishes to hear the words and information which came to the Listener

Prerequisite:

Completion of Focusing Level One.

Modes of Learning: Trainers will conduct mini-lectures, perform demonstrations and students will 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, submit the summary in July before entering Level Three.

Level Three

10/2/2020, 10:00 – 17:30 (Mon)
&
17/2/2020, 10:00 – 17:30 (Mon)

Content:

- Deepening the connection in Five body spaces – forming and getting information from “we space”.
- Learning 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.
- Ending a session - ways to bring more effect and integration
- Mode three Listening - seek permission from Focuser to share what came for Listener about his/her impact from the process. With no agenda of any kind, allow the Focuser to resonate, or not. Allow the Focuser to choose to hear or to delay until their processing has completed.

Prerequisite:

Completion of Focusing Level Two.

Modes of Learning: Trainers will conduct mini-lectures, perform demonstrations and students will 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, submit the summary in late August before entering Level Four.

Level Four

16/3/2020, 10:00 – 17:30 (Mon)
&
23/3/2020, 10:00 – 17:30 (Mon)

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 in doing focusing with oneself and with a partner.

- Steps of Self Focusing revisited
- Importance of having Wholebody grounded presence
- Facing challenges - how to overcome when there are resistance, difficulty in sensing the body, lost of felt sense or conflicting parts, etc..
- Introduce the integration with AEDP
- Mode Four listening - the Listener can ask whether the Focuser wishes he/ she to share from his/her own personal experiencing which comes forward around the process with permission.

Prerequisite:

Completion of Focusing Level Three.

Modes of Learning:

Trainers will conduct mini-lectures, perform demonstrations and students will 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.

Certification:

Reflection on given topics in 1000 words after completing all 4 levels of training.

Certified Focusing Trainers

Mr. Joseph Sing Bio:

- Master in Counsellor (*UNE*)
- Registered Counsellor, Registered Clinical Supervisor (*APCPA*)
- Certified Focusing Trainer, Certified Coordinator (*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