**Four Levels Interactive Focusing Course**

**To Be Proficiency as a Focusing Partner (PFP)**

This course combines the essence of traditional 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.
- Able to 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 differentiate, 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.
- Find it a lot easier to attune with 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 sessions with less effort yet more effective.
**Structure of the course:**

- For each level, there will be **2 training sessions** from 2 to 6pm on Saturday (except 28/3/2021)
  - Level I: 5 and 12 December 2020
  - Level II: 2 and 16 January 2021
  - Level III: 6 and 20 February 2021
  - Level IV: 27 and 28 March 2021

- To coach participants closely with practice and supervision
  - Between sessions of level I: each participant will have 1 Hour **On-line practice** on connecting to 5 body spaces guided by one of the trainers.
  - In level II-IV, out of the training sessions, each pair of participants can have one 1.5 Hour **On-line live supervision** with one of the trainers while they are practicing.

- During the period, participants are required to have **weekly practice** with another participant.

With the above arrangement, participants need not attend long hours of zoom training. Yet, they will receive immediate professional feedback from trainers continuously during each level. They will also have enough time for practice that they can arrange flexibly either in person or through other social media at their own preference.

**Modes of Learning:**
Trainers will conduct mini lectures, perform demonstrations and students will experience the teachings through working in dyads and large group debrief.

**Course Work:**
Students shall practice in pairs once a week in the role of both Focuser and Listener. Personal practice journal shall be kept as a progress report and submit the summary a week before entering the next level.
Content

Focusing Level One

- 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.
- Explore connection to Five body spaces – opening all senses to connect with oneself and partner

Focusing Level Two

- Introduce the six phases of Wholebody Focusing.
- Explain in detail the first few phases.
- Deepen the practice of Grounded Presence
- 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.
- 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.

Focusing Level Three

- Continue the explanation on remaining phases of Wholebody Focusing.
- 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 - 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.
Focusing Level Four

After months of training and practicing, participants are expected to stay in focusing mode and be relatively sensitive listeners. Aim of this last session is to further fine tune their skills in focusing with oneself and with partner.

- Steps of Self Focusing revisited
- Importance of having Wholebody Grounded Presence
- Facing challenges - how to overcome when there is resistance, difficulty in sensing the body, loss 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.

Certification:

- Upon completion of Level 4 of this training, attendance certificate will be issued by The Mental Health Association of Hong Kong.
- To apply for award as PFP (Proficiency as a Focusing Partner) from The International Focusing Institute
  - Need to submit a reflection paper in 1000 words after completing all 4 levels of training (Chinese or English).
  - Require recommendation from the trainer.
  - Separate registration and certificate fee by TIFI

Different levels of Focusing Professional Certification (TIFI)

PFP (Proficiency as a Focusing Partner)
Certified Focusing Trainer
Certified Focusing Coordinator
Bio of Trainers

Mr. Joseph Sing:
- Founder of the Hong Kong Focusing Institute (Current President)
- Master in Counsellor (UNE)
- Certified Focusing Coordinator (TIFI)
- Certified Focusing Trainer (TIFI)
- Certified Wholebody Focusing Oriented Therapist (TIFI)
- Certified Children Focusing Trainer (TIFI)
- Certified Ego State Therapist (ESTI)
- Certified Professional counsellor in Satir Growth Model (GP)
- Certified Hypnotherapist (NGH)
- Registered Counsellor, Registered Clinical Supervisor (APCPA)
- Private practice for adults and couples with Focusing oriented therapy

Ms. Fanny Ko:
- Founder of Moving Forward Professional Counselling
- Master in Social Work (HKU)
- Certified Focusing Trainer (TIFI)
- Certified Wholebody Focusing Oriented Therapist (TIFI)
- Certified Children Focusing Trainer (TIFI)
- Certified Ego State Therapist (ESTI)
- Somatic Experiencing Practitioner (SETI)
- Registered Social Worker
- Completed 3-Year Accelerated Experiential Dynamic Psychotherapy (AEDP) training
- Systemic Constellation Facilitator (HSI)
- Senior counselling consultant and trainer