

Learning Objectives

Focusing-Oriented Therapy 2-Year Certification Program List of Objectives:

First Year:

- Summarize the history and research behind Focusing-Oriented Therapy (FOT).
- List and describe the 6 steps of focusing.
- Demonstrate how to make contact with and experience one's own felt sense.
- Demonstrate how to help a client make contact with a felt sense.
- Demonstrate how to open up one's own felt sense using symbolization be in the form of words, images, and gestures.
- List and demonstrate the ways a clinician can help a client do the same.
- Describe and demonstrate how to make one's felt sense experience into a 'something' i.e. something deeply angry and sad, enabling students to have a relationship with their experience rather than just being it.
- Demonstrate and list how to help a client make their experience into a 'something'.
- Describe and demonstrate how to guide one's self internally to open a felt sense by finding the right distance from the experience and keeping it company with an open and gentle attitude.
- Demonstrate and describe how to help a client find the right distance from their experience and keep it company with an open and gentle attitude.
- Demonstrate and describe how to 'clear a space' putting various concerns and feelings at a distance to give perspective.
- Demonstrate and list how to help create forward shifts in one's own experiential process by using different experiential avenues to open the felt sense such as feeling, proprioception, location, movement, sound, memory, and images.
- Demonstrate and describe how to help client's process to move forward using the different experiential avenues listed above.
- Demonstrate how to use "reminders" – gentle prompts to help clients keep their felt sense company and to open it.
- Demonstrate and list how to move their process forward by the use of 'shift questions' – questions designed to create shifts once a relationship with a felt sense has been established.
- Demonstrate and list shift questions with clients in a session.

- Demonstrate and analyze the process of the 'Inner Critic' both experientially and conceptually (*occurs through an understanding of how the inner critic stops the ability to process material.*)
- Demonstrate and analyze how to help client's move past, or work with, their inner critic in a therapeutic session.
- Demonstrate how to slow down and listen in a resonant way to another.
- Demonstrate how to reflect back feeling and felt sense words with the same pace, intonation and rhythm.
- Demonstrate how to reflect back the felt sense highlighting particular aspects and adding your own words, images, metaphors.
- Demonstrate the many therapeutic functions that reflection serves in a clinical session.

Second Year:

- Demonstrate and describe how to identify and work with one's own inner conflictual parts to help stuck processes move forward both within one's self and with clients.
- Demonstrate and describe how to use focusing technique in a regular conversation with a client.
- Demonstrate and analyze how to identify particular spots in a therapeutic conversation where a felt sense is emerging and how to help a client slow down and keep company with that spot so more can emerge.
- Analyze the theory that behind every symptom/interaction there is a positive life movement there to be worked with as well as practice it.
- Analyze and demonstrate how to help a client hold and keep company with seemingly different polarities/choices so that a new third way can emerge.
- Describe and demonstrate the different phases of a therapeutic session and how to facilitate them.
- Analyze and demonstrate how to work with focusing and trauma – including how to work within a therapeutic window, how to clear space and get a right distance from their trauma, and how trauma can be vicarious and intergenerational.
- Analyze how a therapeutic dyad develops over time and how to help foster that development

- Demonstrate and describe how a therapist can have a felt sense of a client, of themselves with a client and of the relationship with a client and how each of these dimensions can provide information about how to work with a client.
- Demonstrate how to use the experiences one has in their own felt sense to guide therapy sessions.
- Demonstrate how to articulate one's own felt sense during a session to move the session forward.
- Demonstrate and analyze how to resolve conflicts within the therapeutic dyad using FOT.
- Analyze and describe the effects of different cultures on the practice of FOT.
- Use Focusing-Oriented Psychotherapy together to learn how to use all they have learned in a fluid coherent way both in dyads and small groups.

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