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## FAQs about the **Intermediate – Advanced** Focusing Training Program



### Intermediate –Advanced Focusing Training

The comprehensive Advanced Focusing Training program includes an 8 week course, supervised practice sessions, the Advanced Training Manual, and a variety of handouts to enhance learning. In this program, you'll learn how to facilitate a Focusing session with grace and compassion for someone new to Focusing. You'll also learn how to help a Focuser navigate a variety of potential challenges and special situations that may arise in Focusing. At the same time, your own Focusing practice will be enhanced by expanding and deepening your understanding of Focusing – thus positively affecting all aspects of your life.

This program is suitable for healing professionals, such as psychotherapists, coaches, and others wishing to learn skills to deepen their work with clients, those wishing to work with peers, and those who simply wish to deepen their knowledge and skills in Focusing.

### What is included in the Advanced Focusing Training Program?

- The course runs for 8 weeks. Each class meets once a week for 2 ½ hours, with a short break during this time.
- Supervised practice sessions
- 64 page Training Manual (pdf format)
- Exercises and handouts to enhance learning
- Classes will be recorded and links to recordings provided
- To optimize learning, classes limited to maximum 8 participants per course
- Email support between meetings



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#### Total Time Commitment

- 20 hours class time
- Focusing practice between class sessions. Suggested minimum of one hour each week with assigned partner from class to integrate learning
- Minimal reading assignments- Estimated under 20 minutes/week
- What is the goal of this program, essentially? Participation in the program will allow you to facilitate Focusing sessions for those new to Focusing. You'll also learn how to help a Focuser navigate a variety of potential challenges and special situations that may arise in Focusing. By expanding and deepening your understanding of Focusing, your own Focusing practice will also be enhanced.
- **Are there prerequisites to participating in this program?** Yes. The course is intended for intermediate level Focusers who have taken Focusing Basics, Level One and Two of Inner Relationship Focusing or the equivalent, with a Certified Focusing Trainer. For those not trained in the Inner Relationship approach, it is possible to join the course by reading and studying relevant parts of the Focusing Basics Training manual and scheduling either a single session with the Trainer of this course, or at least 2 peer Focusing sessions with someone trained in this approach
- Who can benefit from this program? Anyone with a sincere interest in personal growth and healing who is willing to make a commitment to the program can benefit from it. The program is open to and welcomes both laypeople and healing professionals (Therapists, Coaches, Body Workers and other Healing Arts professionals.)
- How often will the course meet? Once a week for 2 ½ hours each week. There will be a brief break during this time.
- What time is this in my time zone? Classes are held from 10 am to 12:30 pm Eastern U.S. Time. Please use the world clock to figure out exactly what time this is where you live. Feel free to email for help with this.
- How will we meet? We will use a video-conferencing program that allows us to see and hear one another via the internet, and for the sessions to be recorded.
- How does this course correspond to other Inner Relationship Focusing Courses? The course combines Levels Three and Four.
- What, specifically, will be taught?



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In the first half of the course you will learn the basics of how to facilitate a Focusing session for someone new to Focusing. In this part of the course you will:

- learn powerful supportive guiding suggestions for each stage of the Focusing process;
- learn why and how each suggestion is so useful; and

In the second part of the course you will learn a variety of compassionate approaches to handling obstacles that may arise in a Focusing session, including how to use Focusing to:

- work with the Inner Critic
- deal with blocks to achieving goals
- work with habits and addictions
- assist a Focuser who “feels nothing” as well as a Focuser who experiences overwhelm
- work with a Focuser who has one part attacking or victimizing another
- support a Focuser who is distracted by sleepiness, feeling foggy, or distracting thoughts

For more information about the skills and aptitudes that will be taught in this program, please see the list of Competencies (Objectives) below.

- Will there be time for practice during the classes? Yes. The experiential dimension is an important part of the course. You will have the opportunity to practice facilitating sessions during class meetings as well as for homework with your assigned partner from class during the week between class meetings. At least half of the class sessions will include supervised practice time. In addition, time for questions about practice will be built in to every class session.
- What will happen in the supervised practice sessions? In these sessions you will have an additional opportunity to fine-tune the guiding skills that you will be learning in the classes. Each participant will be supervised facilitating at least one with a partner and receive feedback from the trainer and the other participants.
- When will the supervised practice session be held? These sessions will be held during the time for practice in regularly scheduled classes .
- Will I receive some sort of certification for this course? Following successful completion of this program, the trainee is eligible to receive the Proficiency as [Focusing Partner Award](#).<sup>1</sup> For those wishing it, a Certificate stating that the trainee has successfully completed the Advanced Focusing course which is the equivalent of level four of Inner Relationship Focusing may also be awarded.
- What is the next step after this course? This course will allow you to have your own Focusing practice, and to use Focusing in your daily life and work. It will provide a foundation of knowledge and skills that are invaluable on their own, and form an excellent foundation for those wishing to use

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<sup>1</sup> The trainer reserves the right to make final decision about the award.



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Focusing in a professional capacity. Psychologists, Coaches, other healing professionals will be able to integrate Focusing into their work with clients.

For those wishing to continue with further training following successful completion of this course, a wide variety of programs oriented toward training and apprenticeship in becoming a Certified Focusing Professional are available world-wide. More information about becoming a Certified Focusing Professional may be obtained by contacting [The Focusing Institute](#), or the [trainer of this course](#), whose Training plan is detailed [here](#).

• What's the background of the trainer? Ruth Hirsch, MSW, MPH, CMP ([www.ruthhirsch.com](http://www.ruthhirsch.com)) is a Focusing Oriented Psychotherapist and Certified Focusing Trainer. In addition, she:

- teaches and supervises psychotherapists and others in the healing professions in how to use Focusing in their practice;
- has masters degrees in Social Welfare and Public Health and is certified in massage and acupressure therapy and teaching yoga. She specializes in teaching Focusing to Healing professionals and all those who want to make the world a better place;
- has over 22 years experience teaching Focusing and using Focusing in her practice;
- has a private practice working in person in Jerusalem, and internationally via phone and Skype;
- is a leader of the International Leadership Council of The Focusing Institute.

She specializes in balancing and bringing peace and insight to body, mind, heart and spirit, and delights in sharing Focusing with others as an individual life-enhancing practice, and as an adjunct to enhance the work of other healing professions. For more info about Ruth and her work, please visit [www.ruthhirsch.com](http://www.ruthhirsch.com)

For more information: Please email [ruth@ruthhirsch.com](mailto:ruth@ruthhirsch.com)



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## Competencies (Objectives)

### The Ability to Guide a Focuser

- Knowing that the guide is guided by the Focuser's process.
- Being able to say "Yes" to whatever happens for the Focuser even if gently suggesting something else.
- Knowing how to use tone of voice and pacing to enhance the Focuser's experience.
- Being able to help the Focuser bring awareness into the body.
- Being able to help the Focuser acknowledge what comes.
- Being able to help the Focuser find the description.
- Being able to help the Focuser check and confirm the description and other meanings that come during the session.
- Being able to help the Focuser find a positive attitude toward the sense.
- Being able to help the Focuser be with the sense in a curious interested way, and ask it questions if necessary.
- Knowing how to help the Focuser create a positive inner relationship by sensing it from its point of view, and by letting it know they hear it.
- Being able to help the Focuser receive new and/or positive experiences.
- Being able to help the Focuser end the session gently, usually by marking the place and thanking what came.
- Being able to help the Focuser find the right distance if something is too close or too distant
- Being able to help a Focuser with distant process find a felt sense, using evoking techniques, acceptance of whatever comes, and awareness of positive feelings.
- Being able to help the Focuser be compassionate and interested in interfering parts or voices, including the critical and judgmental ones.
- Knowing how to help the Focuser when two or more "somethings" come, especially when they are in conflict.
- Being able to help the Focuser move awareness to the Feeling about the Feeling.
- Being able to help the Focuser be compassionate to blocks to Focusing.
- Knowing how to sense when a silence has lasted long enough and how to come in.
- Knowing how to gracefully accept a Focuser's reluctance or refusal to do what's been suggested.
- Being able to tell when something suggested has confused or stopped the Focuser, and knowing what to do about this, including being able to take it back, back up, or break it into smaller steps.
- Being able to make a person new to Focusing feel comfortable and safe.
  
- Being able to answer the question, "What is Focusing?"
- Being able to explain to the new Focuser before the session what is expected.
- Being able to use guiding skills with people new to Focusing.



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- Being able to rephrase any suggestion using different language when the language used may not have been understood by this person.
- Understanding that reflection does not have the same effect for a new person that it does for an experienced Focuser, and being able to rephrase reflections as suggestions to resonate, acknowledge, or be with, if necessary.
- Being open to the unexpected; being able to "forge new tools" as needed.

### References

Doi, A., & Morinaga, Y. (2009). The relationship between focusing attitudes, self-efficacy, social skills, and locus of control of Japanese undergraduate students. Paper presented at the 51th annual meeting of the Japanese Association of Educational Psychology, Shizuoka, Japan.

Fukumori, H., & Morikawa, Y. (2004). Relationship between focusing and mental health in adolescents. *Journal of Japanese Clinical Psychology*, 20, 580-587.

Hikasa, M. (1998). Developing a relationship with oneself through focusing-oriented psychotherapy: A case study of a depressed and withdrawn student. *Journal of Japanese Clinical Psychology*, 16, 209-220.

Leijssen, M. (2007). Making space for the inner guide. *American Journal of Psychotherapy*, 61, 255- 270.

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### Feedback from a recent participant of the Advanced Program

I just wanted to share that I'm aware the curriculum for the Advanced program can look like it's mostly about being a better Focusing partner and guide for others. And it did accomplish those things for me, for sure. But taking this course with Ruth enhanced my own personal Focusing practice so much, that, knowing what I know today, even if I planned to Focus alone for the rest of my life and never have a partner, I would still take it. I became a much more skillful Focuser, and learned how to sidestep or work with many of the typical challenges that beginning Focusers experience.

I would encourage anyone who thinks Focusing holds promise for them to take the Advanced program, not only to better help others, but for their own benefit. It made such a difference for me.