

Competencies (Objectives for Focusing Basics Program)

I. The Ability to Focus

- Understanding that Focusing is an inner relationship.
- Being able to bring awareness into the body, especially the area of the throat and torso.
- Being able to find a felt sense about an issue.
- Being able to find a felt sense without specifying the issue in advance. (What wants my awareness now?)
- Knowing that a felt sense is different from an emotion and from mental activity.
- Being able to hold an accepting attitude toward inner experience, or to notice when you can't be accepting.
- Knowing what to do when you can't hold an accepting or facilitating attitude.
- Being able to acknowledge your inner experience.
- Being able to find a "right" distance if something is too close.
- Being able to describe a felt sense.
- Being able to check or resonate the description with the body sense, and to check other meanings that come.
- Being able to sit with the felt sense with a curious, interested attitude, and ask it questions if necessary.
- Being able to receive new and positive awareness when it comes.
- Knowing about the most common blocks to Focusing, such as when you have something inside that is being critical, doubting, fearing, fixing, imposing, forcing a choice, or in some way attempting to manipulate the process as opposed to simply being with what is there.
- Being able to recognize and acknowledge blocks to Focusing when they come.
- Being able to create a "fence" around what has come in order to protect it.
- Being able to Focus alone, and knowing techniques to enhance this.

II. The Ability to Listen (Basic)

- Being able to be present with another person who is Focusing.
- Being able to give listening reflections, some word-for-word and some paraphrasing, without asking questions, leading, or interpreting.
- Being aware that the Focuser is in charge of their session.
- Including the Focuser in the reflection (i.e. "You're sensing," "You're realizing.")
- Being able to help the Focuser to "dis-identify" (i.e. by using "a part of you," or "something in you.")
- Being able to notice when something inside you is in the way of being able to listen to a Focuser, and knowing what to do about this.
- Knowing how to be present to yourself and to inwardly acknowledge your own feelings while listening to another.

III. The Ability to take part in a Focusing partnership

- As a Listener, being aware that the *Focuser* is in charge of the Focusing/listening exchange.
- As a Focuser, being able to tell a Listener how you would like to be listened to.
- As a Focuser, being able to use listening responses to check what has come inside.
- As a Focuser, being able to give feedback to a Listener, to say when a listening response is not right or only partly right, and to use that not-quite-right to sense what is right instead.
- Being able to have a successful experience of Focusing partnership.

IV. The Ability to Listen (Advanced)

- Being able to respond to what is true for the Focuser in present time (vs. past).
- Responding to what's there rather than what's not there.
- Not reflecting doubts or what's not known.
- Using "something" to respond to what's not yet specified.

References

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