

FOCUSING-ORIENTED THERAPY AND COMPLEX TRAUMA TRAINING PROGRAM

What is Focusing Oriented Therapy?

Focusing-Oriented Therapy (FOT) is a body-centered and person-centered approach to healing, developed three decades ago at the University of Chicago by Dr. Eugene Gendlin. Focusing-Oriented Therapy (FOT) allows clients total control of the pace and the direction of their healing journey. It is particularly effective in the treatment and healing of complex trauma caused by accident, sexual, physical, emotional abuse or neglect. FOT has been especially well received in Aboriginal communities because of its humanistic, person-centred approach to healing which reflects the core values of respect and non-interference.

For more information about FOT and Complex Trauma visit www.fotcomplextrauma.com

Who Should Apply?

The program is intended for counsellors and therapists who are interested in developing advanced clinical treatment techniques and strategies essential to healing of traumatic life situations presented by many clients. FOT is particularly helpful to counsellors and therapists who work with Residential School Survivors, with addictions, and with survivors of sexual, physical and emotional abuse. The program especially benefits counsellors and therapists who work in Aboriginal agencies and/or communities or in various other cross-cultural situations/settings. This program is taught from an Aboriginal framework and perspective.

Program Modules

MODULE 1:	<u>Complex Trauma</u>
MODULE 2:	<u>Basic Focusing-Oriented Therapy</u>
MODULE 3:	<u>Intermediate Focusing-Oriented Therapy</u>
MODULE 4:	<u>Advanced Focusing-Oriented Therapy</u>
MODULE 5:	<u>Depression, Grieving, and Complex Trauma</u>
MODULE 6:	<u>Clinical Spirituality and Complex Trauma</u>
MODULE 7:	<u>Dreams and Complex Trauma</u>

Please Note: Some programs are 10 Modules in total. Added modules might include Therapy and Support Groups, Experiential Therapies, and an Independent Application Project.

Program Outline

The FOT and Complex Trauma Training Program is a 7 module, 21 day program, consisting of the following:

- ❖ 168 hours of classroom instruction--equal emphasis on knowledge and application
- ❖ 120 hours of logged and supervised therapy sessions
- ❖ 28 hours of debriefed observation of therapy practice

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Module 1- Complex Trauma

May include the following topics: definition and assessment of Complex Trauma and Post Traumatic Stress Disorder (PTSD); definition, impact, assessment, and treatment of abuses such as neglect and physical, sexual, emotional, or group abuse; Indigenous grounding and management techniques in working with overwhelming emotions; and the use of implicit techniques, including FOT in working with Complex Trauma; impact of family, culture, class, gender, and politics on abuse issues; abuse statistics-Canadian and Global; family dynamics and treatment techniques; triangulation issues and their impact on relationships; attachment considerations and treatment techniques; child development and the effects of trauma on the development of children; dynamics and realities of family violence; roles in trauma based family; intergenerational abuse and long term prognosis for families affected by trauma; assessment and treatment of traumatic bonding; dynamics and impact of collusion and long term abuse; Biderman's chart of coercion; secondary trauma prevention assessment and treatment techniques; system induced trauma, including the impact and treatment of residential school abuses, dispossession, oppression and colonization; an introduction of Focusing-Oriented Therapy.

Module 2- Basic Focusing-Oriented Therapy

May include the following topics: basic use of the six movements in focusing; brain imaging research on memory and PTSD; effects of single episode and long term trauma on physiological brain functioning; the impact of trauma triggers on brain functioning; declarative versus non-declarative memory; differentiation and screening for real versus false memory, repressed memory, dissociative memory, condensed memory, indicator memory, and flooding and flashbacks; implicit versus explicit experience and expression of trauma; effects of single episode trauma on coping mechanisms in Complex Trauma, i.e. dissociation, splitting, traumatic bonding, projection, fragmentation, transference and counter-transference; management and techniques in working with the client's inner "critic"; normal ego states and human development; further development and integration of FOT in working with Complex Trauma; Vicarious Trauma, Inter-generational trauma, practice of basic skills and techniques in leading a FOT session.

Module 3- Intermediate Focusing-Oriented Therapy

May includes the following topics: identifying vicarious and inter-generational trauma in treatment; the theory and dynamics of relationships, the use of FOT and other implicit techniques in couples therapy; the effects and treatment of Complex Trauma in relationships; suicide intervention and the impact of suicide; addictions and Complex Trauma, and the use of FOT in the treatment of addictions; gender equality, gender differences, and gender preference issues in treatment; child pornography and pornography rings-including world-Wide impact; cults and ritual abuse, effects and healing approaches; forensic psychiatry research; working with "speechless" clients in a client-centred way; boundaries and self-care for therapists; management of administrative aspects of therapy practice, such as use of supervision, case conferencing and debriefing; cross-cultural issues in assessment; systems/team approaches to healing/therapy further development and integration of FOT with Complex Trauma; and practice of intermediate skills and techniques in leading a client through a FOT session.

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Module 4- Advanced Focusing-Oriented Therapy

May includes the following topics: understanding and the use of the Medicine Circle for treatment assessment, developmental and attachment issues in FOT; management of affect due to trauma in the process of reviewing, understanding and accepting extreme incidents experienced by clients; tools and techniques for working through defense mechanisms such as suppression, repression, disassociation, projection, borderline behavior, projective identification, and Dissociative Identity Disorder (formerly Multiple Personality Disorder); understanding and management of PTSD symptoms such as flashbacks, rage, numbing, self-inflicted injury--i.e., slashing, burning, hair pulling, eating disorders, addictions, obsessive compulsive behaviors, splitting/fragmentation, abreaction, intrusive thoughts, paranoid fantasies, suicidal/homicidal thoughts, abusive behaviors, nightmares, psychotic breaks etc.; working with amnesia or hypernesia when trauma has occurred; and practice of advanced skills and techniques in leading a client through a FOT session.

Module 5- Depression, Grieving and Complex Trauma

May includes the following topics: advanced skills and techniques in leading a client through inter-generational depression and inter-generational grieving. Mental health issues in therapy practice; DSM IV, personality disorders and treatment techniques, and how to differentiate them from Complex Trauma; overview of research on sexually deviant behavior; mood disorders and assessment; uses and applications of serotonin re-uptake inhibitors (SSRI's) when Complex Trauma is overwhelming clients; allopathic medicine in the treatment of Complex Trauma; assessment of clinical depression and its impact on Complex Trauma and its treatment; assessment of "memory depression" versus current depression in order to determine treatment; the use of psychodrama in treatment; the grieving process and the difference between grieving and suffering; the impact of Complex Trauma on loss and grieving process; working with speechless clients in an FOT session.

Module 6- Clinical Spirituality and Complex Trauma

May include the following topics: the role of spirituality in healing; ceremonies and rituals; essential spiritual boundaries in personal and therapeutic relationships; use of symbolism in the healing process; spirituality in a global context; indigenous spiritual healing values, meanings, and concepts; differentiation between religion and spirituality in the healing process; whole body focusing sessions; skills in working with "memory energies", both internal and external to the client's physical self; and practice in deepening the spiritual connection with the client in a FOT session.

Module 7- Dreams and Complex Trauma

Understanding and working with dreams to help unravel complex trauma with the use of FOT Techniques.

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Clinical Practice and Supervision (120 hours)

This program component provides the students with clinical skills and feedback about their level of practice throughout the program. Students log and document a minimum of 80 therapy sessions that they have lead and attend regular supervision sessions. Students also submit 1 videotape upon completion of program for evaluation by the course instructors to demonstrate the required level of competency for certification.

Observation (28 hours)

This program component provides the students with the opportunity to develop excellent observation and reflection skills from the “outside” as the therapist, and from the “inside”, as the client. Students observe students in leading/conducting therapy sessions and experience therapy sessions as clients. “Client” sessions provide the students with an “inside” look at the therapeutic process and give them an opportunity to provide feedback to those students who lead the session. This component is also on-going throughout the program and provides the students with the experience in how to offer feedback from the client perspective to peers in a professional and constructive manner, in addition to experiencing and effectively observing and reflecting on the therapeutic process and debriefing in clinical supervision sessions.

Values and Objectives

- ❖ Instructors and Coaches recognize that survivors of childhood trauma deserve to receive treatment that specifically addresses the unique set of experiences and reactions to that trauma.
- ❖ We believe that trauma survivors deserve a therapeutic approach which is a safe, gentle and effective, and which respects their right to fully control their healing process.
- ❖ As such, we provide therapists, counsellors and those in the helping professions with current advanced instruction and training in Complex Trauma and Focusing Oriented Therapy.
- ❖ We also recognize and support those students whose empathy, skills, experience and desire motivates them to help facilitate social change in their communities by recognizing the needs of survivors of childhood trauma, and by assisting them in their healing process.
- ❖ We encourage our students to share their expertise in Focusing Oriented Therapy and Complex Trauma with their respective agencies and communities.
- ❖ The Instructors and Coaches operate in an atmosphere of respect, partnership, generosity, cooperation and good will in all transactions with members, students and colleagues; the Directors require all those associated with the Centre to conduct themselves in a professional and ethical manner, which reflects these values.

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Accreditation

The Focusing-Oriented Therapy and Complex Trauma Program is considered to be an advanced professional development and certification program in Focusing-Oriented Therapy, which is particularly effective for working with trauma survivors. Program graduates are eligible for international certification as a Focusing-Oriented Therapist (F.O. T.), from The Focusing Institute of New York. The Institute also offers members an international journal publication, *The Folio*, and continuing education and development opportunities such as annual conferences and various workshops at Focusing Centers worldwide. For more information about The Focusing Institute visit www.focusing.org.

Contact Information

Currently there are Focusing-Oriented Therapy and Complex Trauma Training Programs running in Canada, The United States, and Mexico. For more information on these programs or to connect with a Focusing-Oriented Therapist who specializes in working with complex trauma please visit www.fotcomplextrauma.com.

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