

Level 1-8 in English

This is a preliminary concept of an education for becoming a Certified Focusing Trainer. I know there will be adjustments and changes. There will also be more materials such as DVD's with Eugene Gendlin introduced to the TnT's during the education and in addition adaptations to what each of the students will be needing during the course. Some of the texts and DVD's are in English, and for those student who don't speak English I will help with the translation, and there are also, for example, a Google translation that are quite OK.

My training will be in 2 parts:

1. Levels 1-4 are for anybody interested in Focusing. They are carried out as once a week meetings for 3,5 hours x 5 times or as weekend workshops.
2. Level 5-8 are for people wanting to be Certified Focusing Trainers. These will only be carried out as weekend workshops. On level 5-8 we will work half of the time in a focusing way with ourselves (personal and spiritual development). The other half we devote to working with how to teach Focusing, that too in a focusing way of course. There will be a lot of homework and Focusing partnership for the TnT's. They will also do Focusing sessions with me, both as Focusers and listeners/guides. My work will be aimed at supporting the TnT's to make focusing a way of living in their private lives and in whatever profession they might have.

Level 1 for anybody interested in learning Focusing

The Six Steps of Focusing

Here the participants learn the Focusing process and how to take themselves through the steps. They also learn the basics of good focusing listening.

Reading: A Work Manual with texts I have put together.
Content: Focusing partnership, Safety, The Focusing attitude, Clearing a Space, How to listen, How and what to say back, Relaxation, The Focusing steps, Resistance, Focusing on your own, The inner process, About how focusing started, Eugene Gendlin and more.

Level 2 for anybody interested in learning Focusing

"Something in me" and "the Inner critic"

The participants learn how not to identify with different parts of themselves and inner critics. They also learn the first steps on how to be an advanced listener, a guide.

Reading: A Work Manual with texts in Swedish, I have put together. **Content:** Self reflection in everyday life, Parts of me, Inner Critic, Guiding instructions.

Level 3 for anybody interested in learning Focusing

To express yourself and your Felt Sense in other ways than words

Here the participants attempt to express themselves using simple craft materials instead of words. The training is about painting, sketching, cutting and gluing in different Focusing "exercises". The workshop builds on Level 2 and among other things we work with parts and inner critics. We will also go on with the training to become a guide, and put a special interest in identification and valuing by the focuser.

Reading: A Work Manual with texts I have put together, containing the exercises we will do and also specific papers with "Guiding Steps" and on "How to Guide".

Level 4 for anybody interested in learning Focusing

Your biases, how do you recognize them?

On Level 4 it is all about how you can listen to your "blind spots". We can for example ask ourselves: "Are there parts of my life that I am not satisfied with? Where in my life are there blockages? What are my subconscious thoughts about different aspects of my life? What do I allow myself to do? What am I not allowing myself?"

We use Focusing and visualization to find our hidden treasures!

Reading: A Work Manual with texts I have put together, among other things about Implicit and Explicit memories and about our relationships as children (this is also a preparation for level 5).

If somebody is interested in reading more, of what I feel is connected to the specific subjects of this course, I will suggest:

The Biology of Belief, Bruce T. Lipton (available in Swedish)

Level 5 for TnT's

How to use, become familiar with and get to know your Inner child as a resource, both in your meeting with workshop participants and in individual focusing sessions.

The Keyword and Handle for the focusing work this weekend is SAFETY. How do I create safety in a group or in a one-to-one-session?

We work in a focusing way with listening to the Inner Child, one-to-one and group exercises on this theme. The Inner Child is sometimes the most vulnerable part of us, and to get to know it, will be a great way for the TnT's to become more aware of how one reacts in certain situations and how one can listen to whatever may come without identification or valuation.

And also

Asking the TnT's: *How do YOU want your Level 1 to be?*

Here we'll start the work on how to do a work shop in our own individual and unique way.

We'll look at the original 6 steps and work through them. (In Level 6 the TnT's – **if** they want to - will also be able to follow up on another way of teaching Focusing. This is not a necessary step to become a Focusing Trainer.)

We also look at TFI's diversity statement. (Available in English) If not everybody understands English I will make a Swedish translation (if that is OK with The Focusing Institute).

In this Workshop we will also work with the important topic of how to create safety for every person focusing and listening (alone, one-to-one and in groups).

The TnT's start making their own Level 1 Workshop Curriculum. They will also begin listening to and guiding individuals, who wants to try focusing. They also form partnerships of their own.

Reading: Focusing by Eugene Gendlin (available in Swedish)
The original 6 steps (in Swedish)
The TFI diversity statement (in English)

If somebody is interested in reading more I will suggest:
Three assertions about the body, Eugene Gendlin
Waking the Tiger, Peter Levine

In my Teaching Schedule I am also inspired by a few other people from the focusing community and will be open to- if necessary – to help my TnT's to go onto the Internet to search for other focusing texts. This text will have to address topics relevant to my Training Schedule, therefore concerning safety, of being a listening, focusing trainer and on how to live in a focusing way. (This will – of course – be in English and by Eugene Gendlin, Ann Weiser Cornell and others, and if not all students understand English and want to know more, I will offer to translate for them , if that is possible regarding copyright issues.)

Level 6 for TnT's

We resume Level 4 and 5 and look for more! How can I learn even more about myself and becoming a Focusing Trainer?

The Keywords and Handles for the focusing work this weekend are GETTING THE RIGHT DISTANCE. Asking: "How do I find the right distance to myself and to others during focusing?"

We use our dreams and work with them in a focusing way. We work a lot with keeping the right distance, trying not to be overwhelmed and while also not being too distant.

They'll learn about Gendlins rule about not following rules, and instead learn to listen to themselves.

And also

We carry on making Level 1's Curriculum. Create something you will enjoy teaching others!

As mentioned under Level 5 every student can, if interested, look at the work of other Focusing teachers that are available. For example Ann Weiser Cornell, Christel Kraft, Kathy Mc Guire, Robert Lee, Rob Foxcroft and others.

They can of course build their own way of teaching focusing from Gendlin's original way of doing it. Looking at other focusing trainers is more like an inspiration for them because I think we have different ways of learning and working, some people get their inspiration from reading, others from listening, others from looking at paintings and so on. Out of this you build something new, in listening to the felt sense from the inside about "all this about Level 1".

Now it is time for the TnT's to try running the first workshop on their own!

Reading: Let Your Body Interpret Your Dreams, Eugene Gendlin (Available in English. I am willing to translate certain specific parts to Swedish, if that is OK with The Focusing Institute. The last part of the book, about the theory behind Focusing, can be read by those interested in a first brief introduction to the theory behind focusing.)

If somebody is interested in reading more concerning the topics of this Workshop I will suggest:

The Secret of the Shadow: The Power of Owning Your Story, Debbie Ford (available in Swedish)
The Radical Acceptance of Everything, Ann Weiser Cornell
There are also homepages on internet about the different Focusing ways mentioned above.

Level 7 for TnT's

We are made out of our relationships! Resolving conflicts with Interactive Focusing (Janet Klein)

The Keyword and Handle for the focusing work this weekend is RELATIONSHIPS. How can I become more aware of my reactions in my relationships to others around me and how do I teach this to others?

We work with conflicts via Janet Klein's Interactive Focusing. We also work on how our childhood has been forming us. There will also be time to focus on how it was for the individual TnT's to create and run a focusing Level 1 Workshop. The best of it and the worst of it!

And also

How would you like to present Level 2 of Focusing? Creating your next Workshop teaching Curriculum.

What is important to go on with, now when creating Level 2? What does your evaluations from Level 1 tell you about that?

Reading: Interactive Focusing Janet Klein (Available in English, supportive study help or translation of important parts will be offered to non-English speaking TnT's, if that is possible regarding copyright issues.)

If somebody is interested in reading more I will suggest:

The Clients Client Eugene Gendlin

Focusing with Children Marta Stapert and Erik Verliefde

Parenting From the Inside Out Daniel J. Siegel and Mary Hartzell

I also have more texts that addresses childhood, relations and conflicts, if there is an interest (in Swedish).

Level 8 for TnT's

Now or never! To bring Focusing out into the world, and about handling all the feelings, ideas and action steps about that!

The Keyword and Handle for the focusing work this weekend is TRUST. "How does it feel when there is trust in me, both in a Focusing session and in a Focusing workshop?" "How do I teach this quality?"

Advanced Listening as a way to create trust. Checking out, if it is possible that the less I do, the more there is trust?

And also

We carry on with creating the Level 2 Workshop teaching Curriculum.

How does my plan for Level 2 go? It is time to try a workshop on this next level.

Reading: When You Feel the Body From the Inside There is a Door, Eugene Gendlin (Available only in English, and I can be of help to anyone who cannot understand English.)

Ending the education

The educational training to become a Certified Focusing Teacher ends with having my students write something about Focusing. Especially with emphasis on what the TnT has extra strong inclinations and feelings for. For example it could be something that Eugene Gendlin has written that s/he wants to learn more about. (I will be helping with translation for non-English speaking students). It can also be one part of the focusing process that s/he wants to go deeper into, for example the acknowledgement, the shift or the felt sense itself. It can also be that s/he wants to write about a combination of focusing and something else s/he finds interesting. The subject will be discussed with me as their student counsellor / coordinator.

Finally there will be a "graduation day" when everybody will present their Level 1 and Level 2 workshops and what they have written about Focusing.

Kindest Regards Barbro Holmström