



focuscentrum.denhaag

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Overview of Focusing Courses and Trainings in FocusCentrum Den Haag and Focuspraktijk Oog van Ra

Courses 1 through 4 are for Focusing for one's self and with a partner, (18 hours each, either 6 evenings, with an interval of one week, or three whole days, with an interval of two weeks)

- Course 1: basic course, the fundamentals of Listening and Focusing, alone and/or with a partner
- Course 2: deepening and widening Course 1
- Course 3: Getting to know the possibilities of companioning yourself or a partner
- Course 4: deepening and widening Course 3

In each of the classes there is ample time for group exercises and for practicing in dyads or triads. For the period between classes, Focusing with a partner is strongly recommended, either face-to-face or by phone

- Focusing and Dreams (12 hours, one weekend)
- Focusing and the Inner Critic/ Focusing and the Child Within (12 hours, one weekend)
- Training to be a professional Focusing Companion - in individual contact with new people, guiding and teaching Focusing one-to-one (Trainer One-to-One)
- Training to be a professional Focusing Trainer - teaching Focusing to groups and bringing Focusing into the world in other ways (Trainer Group)

About the Focusing courses:

- * The order of courses 1-4 is fixed; they must be taken in that order.
- * Every course is complete in itself. After each course you can decide if you stop, or go on to the next one.
- * At least two months of practice is recommended between courses.
- * Preceding the basic course (course 1) there is an individual meeting, including a Focusing session.

Focusing Course 1: basic course

The Basics of Focusing and Listening/Companioning, yourself or someone else. You are becoming aware of what's inside you, perceptible in a bodily way, but for which you do not yet have words. You learn to acknowledge it and listen to it with patience, attention, and respect. And you start noticing that already just this attitude gives an invitation to positive changes.

After this course you can practice Focusing in a Focusing partnership, or with one or more Focusers in an Open Focusing (Changes) Group; or alone, at least for some Focusing moments in daily life.

Focusing Course 2:

Further developing and deepening of Focusing by yourself, including specific areas like relating to your inner critic and the child within. You practice being present to what's there inside. The trust in the process can grow as you notice that "the horse knows the way home by itself."

The basic attitude of Focusing, non-judgmental listening to something in yourself and in others, becomes more available, both in Focusing sessions, and in daily life. You can focus quite well with a Focusing partner, and maybe on your own.

Focusing Course 3:

Getting better acquainted with the possibilities of companioning yourself or a partner. Companioning means creating a safe space for the process of the Focuser, true listening and holding the process. The better you are able to companion another person's process with patience, attention, and respect, the better you are able to companion your own process.

In this course you learn what helps in the unfolding of a Focusing process. You also get some skill in bringing in suggestions that support the process, and in leaving them out where they are not helpful.

Focusing Course 4:

Further unfolding and deepening what you have acquired in the first three courses. Attention for special problems like stubborn blocks, impeding old patterns. After Course 4, Focusing and companioning are more natural skills in relating to yourself and others, privately and in your professional work. You're able to make the right conditions for companioning yourself or a Focuser who already is familiar with Focusing.

Focusing and Dreams

Pre-requisite: Focusing Course 1 and preferably 2 as well.

For those who want to do the Training, this course is required.

In this course you learn relating to your dreams in a Focusing way, which means in a bodily experienced way. The dreamer senses inside what the dream is bringing. The companion offers questions and helps the dreamer to invite a body sense of the energies that are in the dream, and to look at (parts of) the dream from a new angle.

After this course, in contact with the felt sense about a dream, the deeper meaning of a dream becomes more clear; this may bring positive changes in your life.

Focusing and the Inner Critic/ Focusing and the Child Within

Pre-requisite: Focusing Course 1 and preferably 2 as well

For those who want to do the Training, this course is required.

At the first day of this course you explore the criticizing process, the way it works, its effects; you learn to listen to your critic, to find out what it's really wanting to do for you and to build a new and constructive relationship with it.

At the second day we pay special attention to the Child Within. You learn contacting the Child Within: the playful, creative, curious child that can inspire you; and also the child that is caught in old patterns, fears, blocks, and that needs your attention and respectful support ("how do you, child, want me to be with you?").

This part of the training takes about one year.

Becoming a Focusing Trainer

In The Netherlands, as in Germany and UK, there are two stages. The first is Focusing Guide (literally “Companion”) and the second is Focusing Trainer.

Training to become a Focusing Guide (= Trainer One to One)

This training is open to people

- who took courses 1-4, and the courses Focusing and Dreams, and Focusing and the Inner Critic/ Focusing and the Child Within
- who are practising Focusing with a partner or in an open Focusing group
- and who, in our opinion, have acquired sufficient experience in Focusing and companioning.

We accept no fewer than three, and no more than six, students in a training group, which meets at least nine times, for 6 hours each time. The training includes up to two hours of individual consultation with the teachers.

If necessary, the students and the teachers together see what more has to be done. Those who want to start this training need to address questions about their motivation, their expectations, etc., in a Focusing way, in writing before the first meeting. Two weeks before the first group meeting, these are copied and sent out to all participants.

In this training the emphasis is on learning to companion (guide) people who are not yet familiar with Focusing. The student needs to find three or four people who haven't done Focusing before, and then introduce them to Focusing, which includes a preliminary interview, and one or two further sessions if that feels right to both people. The students make records (audiotape, CD or DVD) of their work with new people, make transcripts of the records, and add the questions that come up for them as they reflect on the session. These records, transcripts, and questions are reviewed in full by the teachers. Each student has to bring in eight tapes with transcription in the course of the training.

The first group meeting includes Focusing on how it feels to be starting training. Later meetings include Focusing on the student's relationship to Focusing and companioning (guiding). Every group meeting has a special theme like 'What should a beginning Focuser be told?' or 'Little steps and the Living Forward'. Parts of the records and transcripts of working with new people are brought to group sessions, where students also share their questions about difficulties, and their successes in working with new people, and respond to each other.

After the nine group sessions, the teachers and the student decide whether the student is ready, and if not, what more training is needed.

Each group meeting one or two articles about special aspects of Focusing are discussed.

This part of the training takes about one year.

Training to become a Focusing Trainer (= Trainer Group)

This training is open to people who have completed the previous training. In this training you learn to teach Focusing to a group, and some ways to bring Focusing into the world. Each student has to find 3-5 people to whom they can give a basic course in Focusing (#1), and then have a preliminary interview with each one, followed by the course.

There are 9 group meetings of 6 hours in the training. The training may include four hours of individual consultation with (one of) the teacher(s).

In the group meetings, the students bring in their ideas and plans about how they are structuring the basic course and courses 2 through 4, and discuss them with each other, and try out talks about focusing topics and group exercises. The teachers do not tell them how to do this, but participate in the discussions. Once the classes have started, they can bring in problems and successes to discuss with the group.

Each group meeting one or two articles about special aspects of Focusing are discussed.

Some of the other topics covered are: role play, group dynamics, projecting brochures and advertising, data- and book-keeping. Students are encouraged to bring in brochure samples etc for the group. Group sessions include Focusing on how they each feel about their progress in the training.

Students are also encouraged to follow workshops with other trainers, to visit the International Conference or Summerschool etc.

After the group sessions, the teachers and the student decide whether the student is ready, and if not, what more training is needed.

At an extra, final session, sometimes with the students of another coordinator in the Netherlands, each student gives a presentation of something about Focusing, an exercise, etc.

This part of the training takes about another year.

As we are not therapists, the emphasis in our classes and training groups is on Focusing in general. However, most of our trainees are professionals in coaching, therapies, bodywork, education etc..

Our main goal is to teach focusing to people so they can practice it privately and in their professional work, and to train new trainers so they can bring Focusing further into the world, just from where they are.

Erna de Bruijn, Christine Langeveld, Aaffien de Vries
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