

Online Focusing Skills Certificate

The online Focusing skills certificate is a complete and thorough foundation course in the art and skills of Focusing and listening. Once you have completed any introductory event, you can join the course. It comprises of four modules. Each module consists of five, two hour sessions over five weeks. There will also be partnership practice between sessions with other participants.

They will take place using "Zoom", a free online video conferencing platform. There will be a maximum of 6 people on the course, enabling a more intimate training. More details on the content for each module is found below.

Dates:

Evening course. 7.15-9.15pm. **Module 2:** Wednesday September 12th. **Module 3:** Wednesday October 31st. **Module 4:** Wednesday January 16th 2019. **Module 5:** Wednesday 13th March 2019.

Costs: £110 per module or £400 for the whole course. This can be paid per module, in a single payment or other instalment plans are available.

Module 2 - A companion on the journey - listening skills

The essence of this workshop is exploring the role of the listening or companion in Focusing and learning how we can support the focuser with supportive and sensitive listening. Week 1: The edge of what we know. Week 2 : The heart of listening. Week 3: Symbols, Gestures and more. Week 4: Opening the door. Week 5: Supporting presence



Module 3 - A helping hand - guiding skills

This workshop introduces the skills of Guiding or reminding. Here the companion learns how to offer suggestions that deeply and safely support the Focusing process. Topics week by week. Week 1: Self guiding. Week 2: The invitation. Week 3: Keep it Simple (but profound). Week 4: Going deeper with invitations. Week 5: Taking Focusing further



Module 4 - Untangling the knots

What happens when we hit something difficult to blocked in Focusing? This workshop is all about that inevitable moment! We will explore the territory of tangled and blocked areas. Topics week by week: Week 1 Grounded presence and safety. Week 2: The inner landscape. Week 3: Meet "the critic". Week 4: Meet the guardians. Week 5: Where we get stuck



Module 5 - The path to wholeness

On this final workshop we will explore themes that bring the whole series together. How is Focusing is a path to integration and "wholeness? How come we become split off and divided or tangled? We will explore some of the theory of Focusing and will take some time to explore and play with using Focusing with more uplifting themes such as Spirituality or poetry and art.

